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THE MAGAZINE OF FOOD AND FITNESS

JUL/AUG 1990

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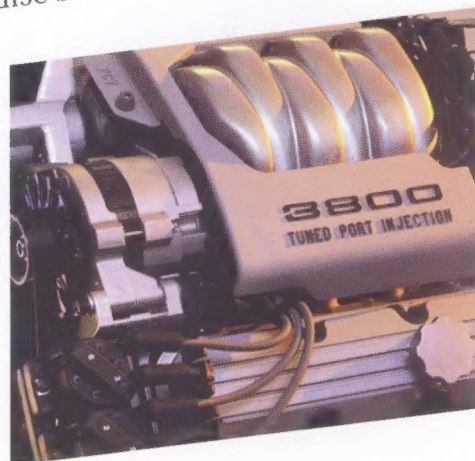


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# Cooking Light

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"There's more to healthy eating  
than low calories."

*Mary Frann*

MARY FRANN, ACTRESS

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Lean Cuisine®	29	852	61	259
Right Course™	25	575	40	284

LISTEN TO YOUR HEART. MAKE A HEALTHY CHOICE.®



I grew up on a farm in a small Southern town. There weren't any other children in our area, and farmhouses were fields apart, so my brother and sister were my playmates. As much as we liked school, we couldn't wait for the bell to ring each afternoon. We raced home, changed clothes, and ran outside to play. With the vivid imaginations of childhood, we made up secret games, went exploring, built forts, rode bikes, made elaborate mud pies.

Summertime was wonderful—nonstop playtime. My mother had to call and call us to come in for supper. As soon as the dishes were cleared from the table, we were back outside. As darkness fell, the three of us ran around the backyard, trying to catch lightning bugs or attempting to finish a game of softball with the aid of the porch light. Finally, exhausted, we reluctantly went in at bedtime.

As adults, we know that exercise is an important part of a healthy lifestyle, and we strive to fit regular exercise into our busy schedules. But it is distressing to learn that today's children are not getting adequate exercise, and as a result, are becoming overweight.

I was appalled to learn in "Target Children for Weight Control" (page 30) that only *one-third* of today's teenagers have daily physical education in school. When did P.E. cease to be a requirement? Why do children have to be encouraged to go outside and play? It seems that many prefer television and video games to sports and active play.

And they will pay the price. We are raising a generation of children who are out of shape and fatter than ever before. Children who will begin their adult years already carrying around extra weight. Will these kids win the struggle to include regular exercise and healthy eating in their lives?

We need to encourage healthy habits in their early years, when bodies are full of energy and minds are eager to learn. The best way to teach is by setting a good example.

The Fountain family profiled in "Tennis, Anyone?" (page 22) found a great way to combine fitness and family fun. Recognizing that physical activity is a vital element in living a balanced life, Ed and Barbara Fountain chose tennis as a means of staying fit, as well as enjoying family togetherness.

Occasionally we all yearn for the "good old days," but the world is not going to slow down. And the future of this country depends on our children. Summer is the ideal time to get them started on the road to fitness. The benefits of good health and stress relief will last a lifetime.

Instead of watching television after supper tonight, why not invite your family out for a game of tennis, a little softball, or a walk in the summer evening? You might even catch a lightning bug or two.



*Kathy Eakin*

THE MAGAZINE OF FOOD AND FITNESS

## Cooking Light®

Editor: Katherine M. Eakin  
 Managing Editor: B. Ellen Templeton, M.S., R.D.  
 Art Director: Susan Waldrup Dendy  
 Associate Editor: Mary Simpson, M.S., R.D.  
 Assistant Editor: Jill G. Melton, M.S., R.D.  
 Assistant to the Editor: Jodi L. Jackson  
 Copy Chief: Laura Burnett Smith  
 Copy Editor: Rhonda Blakeney-Jordan  
 Production Coordinator: Hazel R. Eddins  
 Assistant Art Director: Darryl L. Moland  
 Senior Photographers: Jim Bathie, Colleen Duffley  
 Photographer: Howard L. Puckett  
 Photo Stylist: Cindy Manning  
 Editorial Assistant: Sherry Skerlec Stokes  
 Test Kitchens Staff: Rebecca J. Pate (director),  
 Kellie D. Gerber, M. Kathleen Kanen, Leigh Fran Martin,  
 L. Alyson Moreland

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 Circulation Director: Hallett Johnson III  
 Circulation Manager: Hank Brown  
 Corporate Development: William P. Capps  
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Publisher: Jeffrey C. Ward  
 General Manager: Thomas L. Carlisle  
 Advertising Director: Martin Spector  
 New York: Martin Spector • 405 Lexington Avenue,  
 New York, New York 10017 • (212) 986-9010  
 Chicago: Vicki Pelling • 10 South Riverside Plaza,  
 Chicago, Illinois 60606 • (312) 236-0567  
 Detroit: Kathleen G. Charla Associates • 26211 Central  
 Park Boulevard, Suite 509, Southfield, Michigan 48076  
 (313) 358-4060  
 Los Angeles: Lynn M. Theard • 4929 Wilshire Boulevard,  
 Suite 690, Los Angeles, California 90010 • (213) 933-5693  
 Florida/Caribbean: Joe Weibel, J. J. Weibel Associates, Inc.  
 3381 Ocean Drive, P.O. Box 3100, Vero Beach, Florida  
 32964-3100 • (407) 231-0300  
 Birmingham: Lisa Harrison, mail order (205) 877-6493;  
 Sandra Russell, classified (205) 877-6443  
 2100 Lakeshore Drive, Birmingham, Alabama 35209  
 (205) 877-6000 • toll-free 1-800-366-4712  
 Advertising Services Manager: Bruce Sproull  
 Advertising Services Assistant: Lillian Fletcher  
 Promotion Artist: Tracy Young  
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Editorial Advisory Committee: J. Durwood Bradley, M.D.;  
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Editorial Offices: Box 1748, Birmingham, Alabama 35201

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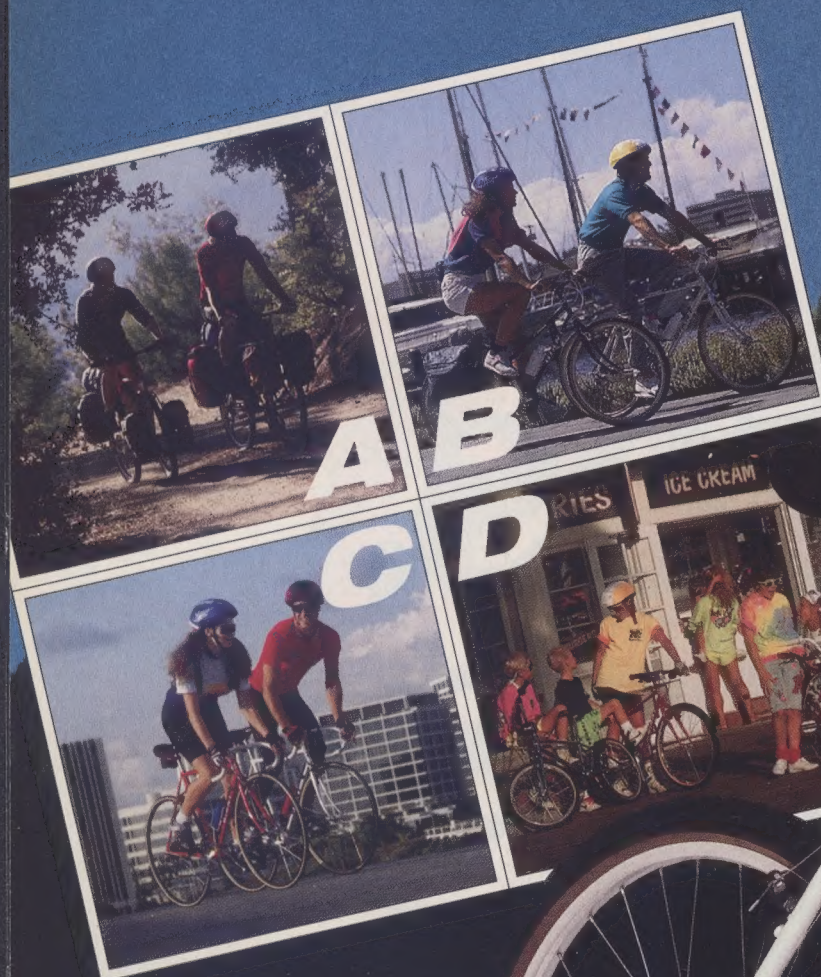
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2. Enter as often as you like, but each entry must be mailed separately. Not responsible for lost, late or misdirected mail. All entries must be received by September 1, 1990.

3. Winners will be selected in random drawings from all entries received by Marden-Kane, Inc., an independent judging organization, whose decisions will be final. All prizes will be awarded.

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6. All entries become the property of the sponsor and none will be returned. Winner will be notified by mail. All taxes on prizes are the responsibility of the winner. Winner's name and likeness may be used for promotional purposes without additional compensation. Winner will be required to sign an affidavit of eligibility and release.

7. For name of winner, send stamped, self-addressed envelope to: Magic of Maui Winner, P.O. Box 11405, Chicago, IL 60611.



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Photo A: \_\_\_\_\_

Photo B: \_\_\_\_\_

Photo C: \_\_\_\_\_

Photo D: \_\_\_\_\_

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# HEARTBEAT

*Safety on skateboards, the importance of seat belt use, aspirin and heart attacks, soothing the sting of sunburn.*

## AN ASPIRIN EVERY OTHER DAY?

Since preliminary results of the "aspirin study" were reported two years ago, there has been much hoopla surrounding it. The Physician's Health Study, or aspirin study, involved 22,071 healthy white males who had never had a heart attack, stroke, ulcer, cancer, or liver or kidney disease. It was designed to determine whether taking an aspirin every other day would decrease the chance of heart attack. The men were divided into two groups: One group took an aspirin; the other did not. Early reports showed a significantly lower incidence of heart attacks among those taking aspirin. In fact, the study was discontinued early because of the dramatic findings.

The study has now been completed and the final results tabulated. Here's what researchers say.

■ Healthy men age 50 or older can reduce their risk of heart attack by almost half, simply by taking a regular-strength aspirin every other day.

■ There is no significant increase in the risk of stroke from taking an aspirin every other day.

■ While aspirin may de-

crease the chance of a first heart attack, it did not decrease the number of deaths from those heart attacks.

Simply put, this means that men under age 50 should not take an aspirin every other day, as the risks outweigh the benefits. Risks include excessive bleeding (aspirin decreases the blood's ability to clot) and gastrointestinal problems. Men with a history of gout, ulcers, or liver or kidney disease should consult their physicians, as aspirin can aggravate these conditions.

Healthy men over age 50 may cut their risk of a first heart attack by taking an aspirin every other day without much risk of adverse side effects.

An important note is that the study was done on white men, so these recommendations may not apply to women or to men of other races. Furthermore, aspirin does not counteract the effects of other known risk factors for heart disease, such as high blood pressure, cigarette smoking, high blood cholesterol, physical inactivity, or a weight problem. Attention to these remains crucial.



## RULES FOR SKATEBOARDING

Another epidemic of skateboard injuries is here. Injuries have increased from 16,000 in 1983 to 80,000 in 1988. The American Academy of Pediatrics (AAP) warns that skateboarding can be quite dangerous. Young children tend to have more severe injuries because they have a high center of gravity and often lack the ability to break a fall.

If your children are devoted to skateboarding, listen up. A few rules can help decrease the risk of an accident. The AAP recommends:

■ No skateboarding for children younger than 5.

■ No skateboarding without helmets and protective padding on knees and elbows. Head injuries are the most serious skateboarding injuries. Hand, knee, facial,

and back injuries also can be devastating.

■ No skateboarding on homemade ramps. These constructions pose a particular risk—their hard surfaces and dangerous elevation add up to serious injury.

■ No skateboarding in traffic. Darting in and out of traffic puts motorists at extra risk, as well as endangering the skateboarder. The AAP recommends prohibiting skateboards from streets and highways.

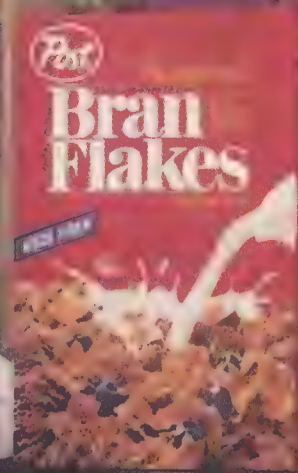
■ No "catching a ride" by holding onto bumpers of moving cars. This is one of the most dangerous stunts skateboarders use. When the driver applies the brakes, the skateboarder can be thrown either under the car or out into the path of an oncoming car.



ILLUSTRATIONS: PHILIPPE WEISBECKER (TOP); BURTON MORRIS (CENTER) PHOTOGRAPH: WESTLIGHT/CHUCK O'REAR



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## BUCKLE UP FOR LIFE

"It will wrinkle my dress."  
"I've *never* worn my seat belt." "It's too uncomfortable." These all-too-common complaints reflect many drivers' attitudes. The most current statistics show that only 34% of the population wear seat belts, according to the National Safety Council (NSC) and the U.S. Department of Health and Human Services (HHS).

Other grim statistics from NSC and HHS emphasize the importance of seat belt use. An estimated 15,000 lives could be saved each year if everyone wore seat belts. According to the most recent data available, national health-related cost of motor vehicle injuries is over \$57.8

billion, second only to the cost of treating cancer. Of this amount, \$24 billion could have been saved if seat belts had been worn.

And studies show seat belts *do* work. In states where mandatory belt use laws were enacted, NSC and HHS statistics show that usage increased by 20% and fatalities decreased by 3%. The following facts from the U.S. Department of Transportation describe how seat belts work to save lives.

■ Seat belts distribute the force of an impact across the parts of the body that are the strongest.

■ During an accident, seat belts keep you from hitting the steering wheel, windows,

the dashboard, or other passengers in the car.

■ Seat belts keep minor accidents from becoming serious: They decrease your chances of sustaining an impact injury, and they keep you in the car.

■ Without a seat belt, you may be thrown from the car onto concrete or into the path of oncoming traffic. Being thrown from the car increases your chances of fatal injury by 25 times.

If all this isn't enough to convince you to buckle up and insist that your passengers do the same, do it for your children's sake. Motor vehicle deaths account for 20% of all deaths for children under 15 years of age.

## SOOTHING RELIEF FOR SUNBURN

**M**ost of us have encountered—at least once—the torture of the "why did I stay out so long" sunburn. Knowing it could have been prevented doesn't help much after the fact—relief is what we crave.

The first course of action for sunburn is aspirin. It not only relieves pain but also helps control the skin's inflammatory response to the sun's ultraviolet rays. Ultraviolet rays stimulate the release of chemicals in the body called prostaglandins. These chemicals dilate blood vessels and turn skin red. Aspirin blocks production of prostaglandins.

According to dermatologist



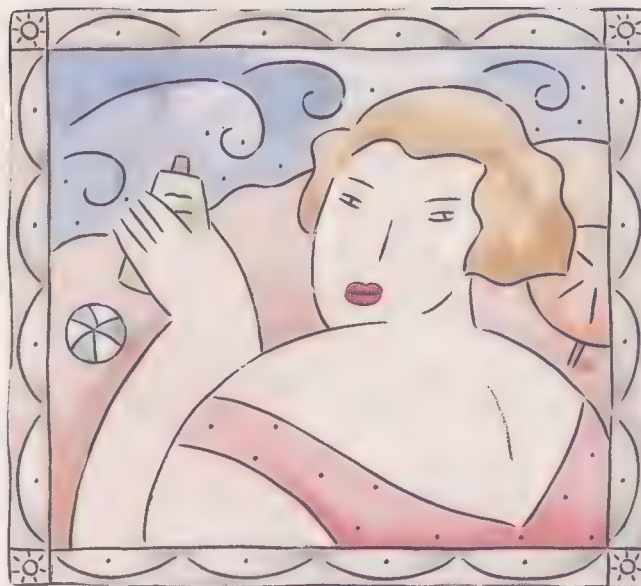
Introducing Take Heart.™ Five delicious



Patricia Mercado, M.D., at The Medical Center, University of Alabama at Birmingham, soaking in tepid bathwater with several tablespoons of white vinegar added to it also will help mild sunburn. The acid in vinegar helps relieve the burn. Adding a few tea bags to your bathwater can be another soothing measure, as the tannic acid in tea relieves burning, too.

Sunburn sprays that contain local anesthetics, such as benzocaine, may ease the pain, but they can sometimes cause allergic skin reactions. Less likely to cause such reactions are sunburn lotions that contain the anesthetic pramoxine.

Many people claim that pure aloe vera extract ap-



plied to the skin provides immediate temporary pain relief. However, the Food and Drug Administration says that two expert panels did not find enough scientific

evidence to prove that aloe vera has any usefulness in treating burns.

Sunburn that causes severe pain, chills, or nausea warrants a visit to your doc-

tor. Prescription anti-inflammatory medications may be needed to help ease the pain and swelling. Mercado says large blisters from sunburns require a doctor's care—these must be drained under sterile conditions then carefully bandaged and treated.

If only a few small, painless blisters appear, it's best to simply leave them alone. Don't break them; their natural outer covering serves as a bandage during the healing period. Above all, don't go out in the sun while your sunburn is healing. Further exposure to ultraviolet rays can extend the damage and delay healing. ■

*Heartbeat is written by members of the Editorial Advisory Committee (The Medical Center, University of Alabama at Birmingham).*

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## ENVIRONMENT

## Secondhand Smoke—More Than Annoying

**S**wirling streams of cigarette smoke were once considered part of the “atmosphere” in fashionable, dimly lit restaurants. Today, they’re just plain irritating to many people, smokers and non-smokers alike.

Secondhand smoke makes almost all of us “passive smokers” to some degree. It’s bad enough that breathing other people’s tobacco smoke can make your eyes red, your nose itch, and your throat scratchy. But much worse, it also can increase dramatically your risk of cancer and heart disease.

A recent study estimates that as many as 46,000 Americans who die each

year from smoking may have never puffed on a single cigarette.

### Passive Smoking Defined

What you breathe when you’re in the room with smokers is the smoke they exhale, plus the smoke emitted from the lit end of the

**When inhaled, the tiny chemical-containing particles in secondhand smoke penetrate deep into the lungs, and it may take several weeks for the body’s natural defenses to clear them away. Meanwhile, the chemicals leach into surrounding tissue.**

cigarette as it smolders. It contains most of the same harmful chemicals—including carbon monoxide and the powerfully addictive drug, nicotine.

When inhaled, the tiny chemical-containing particles in secondhand smoke penetrate deep into the lungs, and it may take several weeks for the body’s natural defenses to clear them away. Meanwhile, their deadly chemicals leach into the surrounding tissue.

These smoke particles can build up, too, explains James Repace of the Environmental Protection Agency’s (EPA) Clean Indoor Air program. According to Repace, a specialist with the EPA, a city-dwelling nonsmoker “typically carries around the equivalent of a cigarette in his lungs,” breathing in about 1½ milligrams of tobacco tar a day.

### Passive Smokers Risk Lung and Heart Disease

For years, doctors have known that smoking increases a person’s risk of developing lung cancer, heart disease, and such respiratory illnesses as emphysema. The evidence is now growing that passive smokers are at risk as well.

The bulk of research within the last 10 years suggests a clear link between chronic (or long-term) passive smoking and lung cancer. We now know that tobacco smoke contains at least 40 different carcinogens, and that nonsmokers absorb these products from the air. We also know from studies of light smokers—those who smoke less than nine cigarettes a day—that the risk of developing lung

## SMOKEPROOF

To reduce your exposure to secondhand smoke, try these tips from the experts. **In the home:** Insist that family members smoke outside. Limiting smoking to a certain area of the house doesn’t work, as smoke quickly seeps through cracks and under doorways and is spread throughout the house by forced-air heating and cooling systems.

**At work:** Try reason and persuasion first, starting with your immediate supervisor. Proceed with patience and good humor as you negotiate. If that fails, try making a written presentation to management.

Aim high; insist on nothing less than a smoke-free working environment. Don’t accept such useless desktop gimmicks as air filters, fans, or so-called smokeless ashtrays as a solution. And simply separating smokers within the same physical space won’t do, either.

If you absolutely can’t eliminate your exposure to secondhand smoke, there still may be something you can do to reduce your risk. Studies at NASA’s Stennis Space Center in Mississippi have shown that houseplants make excellent air filters. A single, 12-inch, potted philodendron can reduce the level of some indoor air pollutants by as much as 80%.

For more information or assistance in developing smoking policies in your town or workplace, contact the Smoking Control Advocacy Resource Center, Advocacy Institute, 1730 Rhode Island Avenue NW, Suite 600, Washington, DC 20036; telephone (202) 659-8475.



# If these don't solve your problem...



## you may not know the problem...

## or the answer.



If you've tried all the remedies and still suffer from gas, bloating, cramps or diarrhea, you could be suffering from a problem which may affect 50 million Americans:

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cancer increases even if you only smoke one to two cigarettes a day.

There also is evidence that non-smokers who live with a smoking spouse face roughly a 30% greater risk of developing lung cancer. These facts have led medical experts to conclude that passive smoking can cause cancer in otherwise healthy nonsmokers. In fact, the National Cancer Institute says that 3,000 to 5,000 lung cancer deaths each year are attributable to passive smoking.

Researchers now estimate that the number of deaths from other types of cancer and heart disease may be even

greater. One study published last year suggests that passive smoking causes 11,000 deaths from other cancers and 32,000 deaths from heart disease every year.

Ronald M. Davis, M.D., whose office at the U.S. Department of Health and Human Services prepares the Surgeon General's report on smoking and health, says that these latest estimates have not yet been reviewed. But "it's certainly biologically plausible that passive smoking causes disease through-

**An occasional evening out in a smoke-filled nightclub is not nearly as bad as living with a smoker, or spending 40 hours a week in an office shared by someone who chain-smokes.**

out the body, because we know that smoke constituents get into the bloodstream," he says.

## Children Face the Greatest Risk

Your health risks as a passive smoker depend on how much you are exposed. An occasional

evening out in a smoke-filled nightclub is not nearly as bad as living with a smoker, or spending 40—or more—hours every week in an office shared by someone who chain-smokes. However, Dr. Marc Manley of the National Cancer Institute says there is reason to believe that the effects are cumulative. The more you are exposed, the greater the risk.

Poor ventilation can add to the problem. Smoke in a tightly closed, indoor environment has nowhere to escape to and, therefore, can linger in the air for hours. Studies on commercial airliners, for example, have shown that a flight attendant's exposure to smoke is often the equivalent of living with a pack-a-day smoker.

Contact lens wearers and people with allergies tend to be more sensitive to tobacco smoke than others. And those people with pre-existing heart and lung diseases, especially the elderly, are particularly affected.

But without a doubt, those at greatest risk are infants and young children of smoking parents. Studies have shown consistently that these preschoolers experience more respiratory illnesses and middle ear infections than children whose parents do not smoke.

The effects of passive smoking may begin even before birth. Mothers who smoke while they're pregnant have more miscarriages, birth complications, and low-birth-weight babies. Their babies also are more likely to succumb to crib death during their first year.

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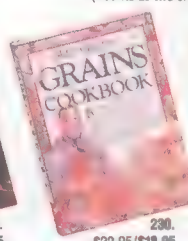
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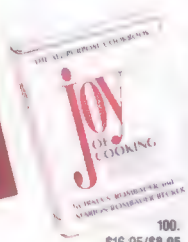
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EPA regards tobacco smoke as "one of the most widespread and harmful indoor air pollutants." And since Americans today spend about 90% of their time indoors, there's ample reason to be concerned.

The good news is that the number of smokers continues to drop, thanks to growing public awareness that smoking is dangerous. There were 57 million smokers in the U.S. 10 years ago; 7 million have kicked the habit since then, with men taking the lead over women. There are still more male than

female smokers, but the men are quitting in greater proportions. Overall, about 29% of the population smokes today, compared with 42% in 1965.

Now that there's evidence that smoking is not only harmful to the smokers but also those around them, nonsmokers are demanding not to be exposed to secondhand smoke. According to a 1988 Gallup poll, the overwhelming majority of Americans favor some form of smoking control in public places, such as

banks, schools, and public transportation.

Thanks to the efforts of local activists, 43 states, the District of Columbia, and at least 320 communities nationwide now have ordinances that restrict smoking in public. Many private businesses are moving toward restrictive smoking policies in the workplace, too. And smoking now is banned on all commercial airline flights within the continental U.S. ■

—Patrice Heinz Schelkun



**Those at greatest risk are children of smoking parents. Studies have shown consistently that these preschoolers experience more respiratory illnesses and middle ear infections than children whose parents do not smoke.**

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## EXERCISE

### Airport Health Clubs

It's no fun for anyone to be stuck at the airport for hours between flights. And for the fitness-conscious business traveler, whose schedule is already tight, a long flight layover can be an exercise in frustration. Time that might otherwise be spent in physical activity is instead spent reading gift-shop paperbacks or popping quarters into waiting room TVs.

Many airports and hotels have re-

sponded to this problem by opening health clubs aimed at travelers. Granted, most of these workout facilities are not going to rival your health club back home, but they are a welcome respite for people who want to spend their in-transit time working out.

Just make sure to pack your sweat suit or shorts and sneakers in your carry-on bag, because rental clothing is not available at these facilities.



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#### East

■ The Marriott Hotel La Guardia will shuttle you from your gate to their health club, located within the airport complex. There you'll find an indoor pool, whirlpool, stationary cycles, treadmills, machine weights, and sauna, which are yours for the day for free.

*Marriott Hotel La Guardia, 102-05 Ditmars Boulevard, East Elmhurst, New York 11369; (718) 565-8900.*

■ In the nation's capital, take a 20-minute subway ride on the Red Line to the Metro Center stop for a workout at the Grand Hyatt Washington. Or take a cab, which will run you about \$8. For \$15, you'll be able to work out on machine weights, a stationary bicycle, treadmill, and rowing machines, or spend time in the indoor pool, whirlpool, and dry and wet saunas.

*Grand Hyatt Washington, 1000 H St. NW, Washington, DC 20001; (202) 582-1234.*

■ In Atlanta, the Ramada Renaissance Hotel is 1 mile from Hartsfield International Airport, and you can take the courtesy car there. For \$3, you can work out on a stationary bike, a multistation gym and free weights, or take a dip in the indoor/outdoor pool. Afterwards, relax in the steam and sauna.

*Ramada Renaissance, 4736 Best Road, Atlanta, Georgia 30337; (404) 762-7676.*

#### Midwest

■ Take the shuttle to the St. Louis Marriott, right across from the airport. The hotel has a fully equipped, 1,000-square-foot fitness center with stationary bikes, machine weights, aerobic classes, barbells, a whirlpool, sauna, and two pools. It'll cost you \$4 for a workout.

*St. Louis Marriott, I-70 at Lambert International Airport, St. Louis, Missouri 63134; (314) 423-9700.*

■ The Sheraton Hopkins Airport Hotel in Cleveland has stationary bikes, rowing machines, machine weights, free weights, and an indoor pool, hot tub, and sauna. And it's right on the airport grounds. A workout costs \$3, and is heartily endorsed by even the most rugged travelers: Pilots work out here all the time.

*Sheraton Hopkins Airport Hotel, 5300 Riverside Drive, Cleveland, Ohio 44135; (216) 267-1500.*





■ When you are on a layover at Chicago's O'Hare Airport, the best place to work out is at the Westin Hotel O'Hare, 2 miles from the airport via a courtesy car. As in Cleveland, airline employees make up a good part of the club's business, and

the reason is their top-of-the-line weight machines, stationary bicycles, rowing machines, treadmills, and free weights. It costs \$7 for a visit.

*Westin Hotel O'Hare, 6100 River Road, Rosemont, Illinois 60018; (708) 698-6000.*

#### West

■ You're lucky if your home health club is as good as the one at the Hilton & Towers Los Angeles Airport. The Family Fitness Center takes up two full floors of the Hilton—25,000 square feet of workout space. A few features are stationary bicycles, stair-climbing machines, rowing machines, machine weights, and two free-weights rooms. The sauna, whirlpool, racquetball, and hourly aerobic classes add extra variety. Take the courtesy car 1 mile to the Hilton; a visit costs \$10.

*Hilton & Towers Los Angeles Airport, 5711 West Century Boulevard, Los Angeles, California 90045; (213) 410-4000.*

■ Further north, the Westin Hotel San Francisco Airport houses a premium health club. Hop in the courtesy car for the ½-mile ride to the hotel. For \$10, you can indulge in a 10-station gym set, stair-climbing machines, stationary bicycles, treadmills, free weights, and rowing machines. A whirlpool and sauna also are available.

*Westin Hotel San Francisco Airport, One Old Bayshore Hwy., San Francisco, California 94030; (415) 692-3500.*

■ At Denver's Stapleton Plaza Hotel & Fitness Center, right outside the airport complex, layover exercisers can take a shuttle (every 10 minutes) to the center. Machine weights, free weights, rowing machines, stationary bicycles, aerobic classes, steam room, sauna, and whirlpool are all here for \$8.50 a visit. *The Stapleton Plaza Hotel & Fitness Center, 3333 Quebec Street, Denver, Colorado 80207; (303) 321-3500.*

■ The Hyatt Regency DFW is located smack in the middle of the Dallas-Fort Worth airport complex. And for \$10, you can work out on a full circuit of weight machines, a treadmill, mountain-climbing machine, stationary bicycle, and swimming pool. In a separate facility—a five-minute shuttle ride away—you'll find a 36-hole golf course, seven tennis courts, and racquetball; these are available for additional fees.

*Hyatt Regency DFW, P.O. Box 619014, International Parkway, DFW Airport, Texas 75261-9014; (214) 453-8400.*

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In today's busy families, spending time together seems almost obsolete. Dinner often isn't a sit-down gathering. More likely, family members bump into each other in front of the refrigerator, or on the way out the front door as they go their separate ways.

But Ed and Barbara Fountain wanted more than that for their three daughters. They were looking for an activity that the family could participate in and enjoy together. Tennis was a perfect match.



Melanie, Barbara, Ed, and Michel Fountain

Barbara and Ed introduced the game to Michel, Mindy, and Melanie several years ago as a family sport, as well as something each could excel in individually. They used tennis as a tool to teach their daughters self-discipline and sportsmanship, qualities that extended well beyond childhood. And tennis has given the family a common interest through the years.

#### All in the Family

Laughter echoes in the family room as you enter the Fountains' comfortable home in suburban Los Angeles. Barbara proudly displays photos of eldest daughter Michel, now 24, on her college tennis team, and one of 21-year-old Mindy's recent tennis awards. Seventeen-year-old Melanie settles cross-legged on the sofa and shares playful jabs with her father.

"Over Thanksgiving the three of us

played doubles with Dad," says Melanie. Ed pretends to glare at her.

"Yes, it got pretty serious out there on the court," he deadpans, as Melanie dissolves into giggles. "The girls' skills have obviously exceeded mine."

Ed smiles as he recounts how his interest in tennis came about: "I had never even hit a tennis ball until after I met Barbara. But her whole family is into it, so I started playing."

Barbara had played on her high school tennis team. "But in those days," she says, "there was just nothing in women's athletics. We played other girls' schools, but that was it."

"And there was no women's tennis at all at the college level. At that time, the L.A. Tennis Club was the only place to play, so I'd drag my sister, Peggy, along with me to practice." As it turned out,

Peggy had quite an aptitude for tennis, and she soon rose through the ranks. In 1969, 18-year-old Peggy won a doubles title at Wimbledon.

"Peggy has been a tremendous inspiration to the girls," Barbara explains. "The fact that she was an exceptional athlete *and* went to college, too, was unusual at that time. We try to stress this kind of balance to our girls—that you can be a good athlete and get an education at the same time."

Barbara's other siblings all play on a recreational level, and her father is still very active in the Southern California Tennis Association. Recognizing the importance of tennis in Barbara's childhood and family relationships, Ed and Barbara wanted the same positive influence for their daughters.

"Tennis appealed to us more than some other sports for several reasons,"



# TENNIS, ANYONE?

By Pamela B. Haskell





**Ed and Barbara Fountain were looking for an activity that they  
could enjoy with their three daughters.**

**Tennis was a perfect match.**



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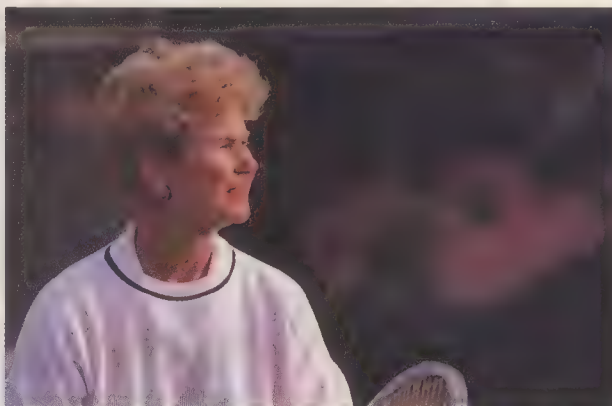


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## FITNESS



Barbara encourages Mindy and Melanie to balance sports and school.



adds Barbara. "Living in Southern California, we can play all year long. It doesn't require a great deal of equipment, and we don't have to travel far to play."

### Nurturing Young Talent

Michel was 10 when she began taking tennis lessons. Soon she was out on the court with her father. "Dad would come home from work and say, 'Okay, let's go,'" recalls Michel. "He'd hit with me and then practice his serves, which I'd try to return. I'd only hit air. Then when I was 12, I could return some serves, and soon I was passing some shots. I do remember getting mad when he hit hard serves, though!"

Michel's obvious talent for the game convinced her parents that it was time to enter her in some tournaments. Mindy and Melanie would tag along, and it wasn't long before Mindy picked up a racket. Eventually Melanie started playing, and soon the whole family was engrossed in the game.

Ed and Barbara divided their time between working, playing tennis with family and friends, and supporting their three daughters in developing their games. "Ed and I took turns taking the girls to tournaments," says Barbara. "One of us was always there, and I think it was good for them to have our support. I admit we compromised some of our other interests, but it was worth it."

Barbara recalls some arduous moments when they spent more time in the car than on the courts. "I remember once getting up at 4:30 a.m. to take Michel to San Diego for a 7:30 match. She slept in the car, and we barely had time to grab a bite on the road. We got there, and she

drew the top player for the first match. It lasted 40 minutes, then we were back on the freeway headed home.

"There were disappointments, but we tried not to pressure the girls into thinking winning was everything. We pointed out the positives in their losses."

Through their high school years, all three girls played competitively, albeit at different levels. Mindy remembers some difficult times dealing with the competitive pressures. "When I started playing tournaments, I'd always get beaten," she says. "Michel was so much better than I, and my girlfriends were some of the best players in the state. Mentally, I just wasn't there, and so I didn't have much fun.

"But Mom and Dad wanted us to be well-rounded, so they always encouraged activities in addition to tennis. I started playing soccer and got pretty good. But then a friend of mine convinced me to try out for the tennis team in college. All of a sudden tennis has become really fun again. The atmosphere is more relaxed, and although there's still some pressure, I love it. I'm achieving a goal that I thought I could never accomplish." Mindy and her doubles partner made it into the NCAA semifinals in 1988.

### Balancing Athletics And Academics

Ed states without remorse that his girls have never reached the level necessary to turn professional. But that was not a goal that he and Barbara ever sought.

"Our reason for getting the girls involved in tennis was simply to keep them active, involved, and out of trouble," says Barbara. "We've taught them that a combination of academics and athletics is



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Melanie wants to play college tennis.

best, and that a good mind and a good body should work together."

Ed adds, "Tennis and other activities kept them really busy, but they still had their Friday nights. Some of the top girls they played against turned pro right after high school and didn't go to college, even though some were offered scholarships. Several didn't even finish high school. Now only one or two are still on the circuit. And if they blow a knee or shoulder, they have nothing to fall back on. We've always insisted on a balance, and that included a good education."

Barbara owns a college counseling business. She says many parents overestimate their children's abilities, which often puts pressure on kids. They feel that if they don't play sports at a big name school, they've let their parents down.

Barbara advises her students that education should come first, and that involvement in sports is a good way to relieve stress from studying, and to learn camaraderie and sportsmanship. She helps them choose a school with a solid

academic reputation, and with a sports program that will complement the demanding life of a college student.

Melanie, who is still in high school, says she definitely wants to play tennis in college. But she has also learned from the mistakes she's seen others make. Michel and Mindy both have friends who lost eligibility to play at the college level because they turned pro right away. Melanie knows that only a very few make it to the top, and that she's better off putting school first and working tennis into her academic schedule.

#### Part of Their Lives

While the Fountains have pursued tennis individually, the game had a special meaning

for them as a family while the girls were growing up. Vacations usually included plenty of court time. Each summer they traveled to a Southern California tournament where other families participated. They've played on vacation in Hawaii, and in a tournament tied in with the Fiesta Bowl in Arizona.

Now that two of the three girls live away from home, family play is less frequent. But when the five gather for holidays at the Fountain home, tennis is always on the agenda.

"We girls play together more now," says Michel. "When we were younger, our abilities were different. We would work each other out, but it often ended in a fight. Now we're at somewhat the same level, and it's a lot more fun."

Michel sees the value of tennis in her adult life, too. She works for a recruiting firm in Los Angeles and often plays tennis with coworkers. "My boss sometimes calls me to play with business associates," she says. "I've met some really interesting people that way."

Mindy, who took a semester's leave from school last fall to work in Washington, D.C., says tennis helped her adjust to life in a new city. "There was a court at my apartment complex, and I made friends more easily, because playing tennis helps establish a bond with other people who play," she explains.

Barbara agrees that tennis works as a conduit to build good business and personal relationships. "The girls can play with and against older men and women, and not be discriminated against," she says. "That's important when you're just starting out."

Barbara and Ed reflect on the wonderful memories they share through tennis. "Tennis has been exceptional for us because it's part of our lives, but not the number one aspect," says Barbara. "I think the girls see the value of being involved in a sport, and that tennis has helped them achieve a balance personally and in our family."

"It's a game you have all your life," adds Ed. "Tennis is tough from a mental standpoint. When you're down 2-5 and come back to win in a tie-breaker, you learn something. Some say the pressure of competition is bad for kids, but I think it prepares them for the challenges in other parts of life."

*Pamela B. Haskell is a freelance writer and public relations consultant in Manhattan Beach, California.*



Michel plays tennis with coworkers.



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Melanie wants to play co

best, and that a good mind and a good body should work together."

Ed adds, "Tennis and other activities kept them really busy, but they still had their Friday nights. Some of the top players they played against turned pro right after high school and didn't go to college, even though some were offered scholarships. Several didn't even finish high school. Now only one or two are still on the circuit. And if they blow a knee or shoulder, they have nothing to fall back on. We've always insisted on a balance, and that included a good education."

Barbara owns a college counseling business. She says many parents overestimate their children's abilities, which often puts pressure on kids. They feel that if they don't play sports at a big name school, they've let their parents down.

Barbara advises her students that education should come first, and that involvement in sports is a good way to relieve stress from studying, and to learn camaraderie and sportsmanship. She helps them choose a school with a solid

academic reputation, and with a sports program that will complement the demanding life of a college student.

Melanie, who is still in high school, says she definitely wants to play tennis in college. But she has also learned from the mistakes she's seen others make. Michel and Mindy both have friends who lost eligibility to play at

Mindy, who took a semester's leave from school last fall to work in Washington, D.C., says tennis helped her adjust to life in a new city. "There was a court at my apartment complex, and I made friends more easily, because playing tennis helps establish a bond with other people who play," she explains.

Barbara agrees that tennis works as a conduit to build good business and personal relationships. "The girls can play with and against older men and women, and not be discriminated against," she says. "That's important when you're just starting out."

Barbara and Ed reflect on the way



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Now that two of the three girls live away from home, family play is less frequent. But when the five gather for holidays at the Fountain home, tennis is always on the agenda.

"We girls play together more now," says Michel. "When we were younger, our abilities were different. We would work each other out, but it often ended in a fight. Now we're at somewhat the same level, and it's a lot more fun."

Michel sees the value of tennis in her adult life, too. She works for a recruiting firm in Los Angeles and often plays tennis with coworkers. "My boss sometimes calls me to play with business associates," she says. "I've met some really interesting people that way."

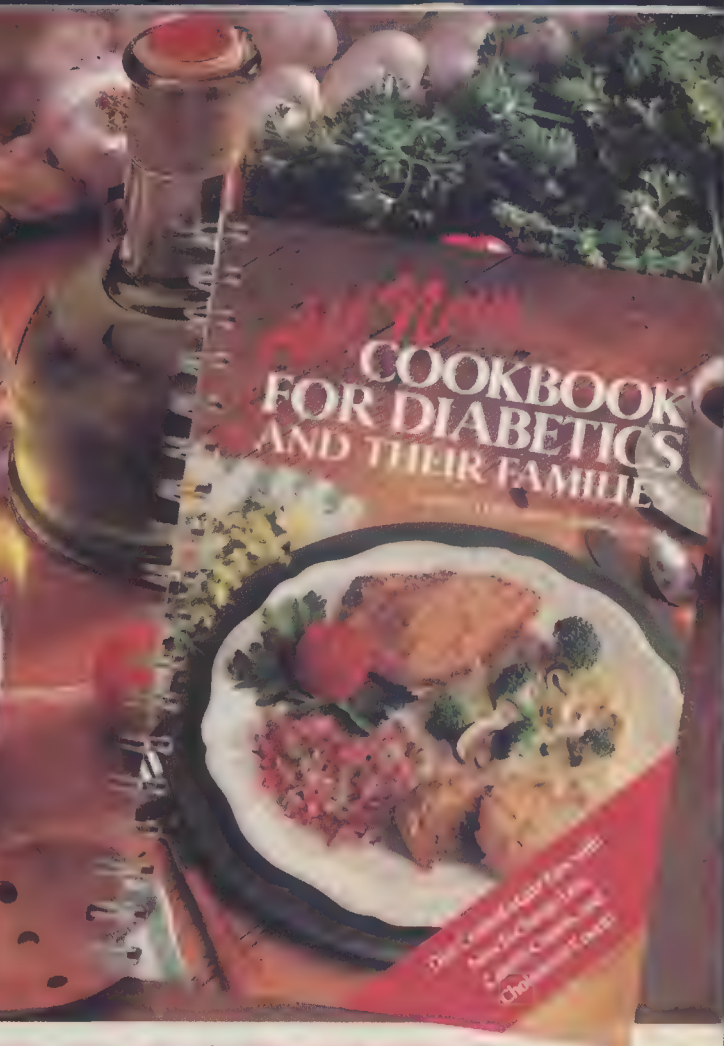


Michel plays tennis with coworkers.

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*Food attitudes are formed in early childhood. Aim your kids toward a lifetime of healthy eating. By Jo-Ann Heslin and Annette B. Natow*

## Target Children for Weight Control

**I**n spite of much research on the subject, no one yet knows why some children get fat and others do not. Heredity, lifestyle habits, culture, and psychological makeup are all factors. What we do know is that kids today are fatter than in past generations.

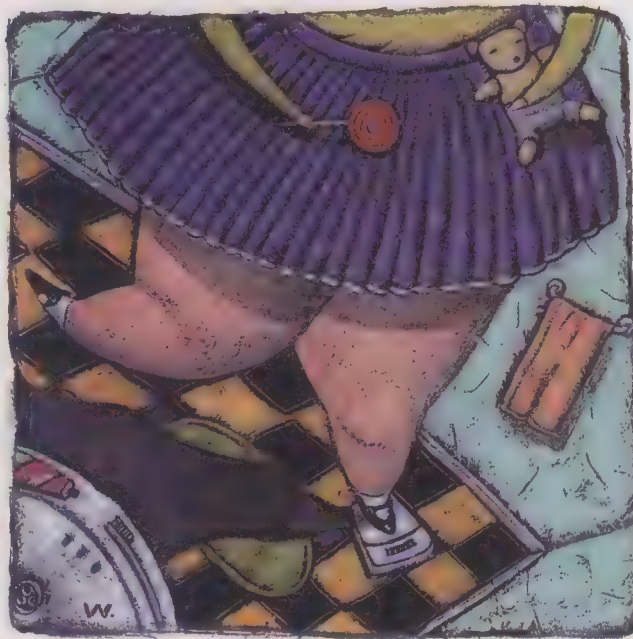
This fact is confirmed by four national surveys analyzed by Dr. Steven L. Gortmaker of the Harvard School of Public Health. All show that the number of children who are overweight today is 50% higher than two decades ago. Estimates suggest that 11 million children in the United States are overweight, and conservative guesses predict 25% of them will face this problem for the rest of their lives.

Should these children be dieting to prevent obesity? When is the best time to begin a weight control program? How do we target those kids most in need of help? Expert opinions vary on all of these questions, but don't mistake scientific controversy for inaccuracy. Experts simply do not have all the facts yet.

A simple answer is to target all children for weight-control education. Until we know more about the causes of overweight, all children are at risk.

For the child who is overweight, the goal is to establish good eating habits. For the child whose weight is normal for his height, the goal is to reinforce those good habits already in place. In both cases, the goal is to prevent the problem of being overweight from either starting or becoming exaggerated.

However, neither the normal-weight child nor the overweight child needs to be put on a diet in the traditional sense. Restricting food may shortchange energy (calories) and nutrients the growing child needs for proper development. Whether fat



or thin, children need to learn proper eating behavior. They also need regular physical activity to help them have fun, stay fit, and manage stress.

In practical terms, this means that a baby need not drain every bottle, and toddlers needn't be urged to "join the clean plate club."

Instead, teach children to eat until they are comfortably full. Babies and small children instinctively listen to their body signals—unless parents continually override these messages with instructions to "eat every bite."

### TROUBLESHOOT

How do you know if your child is heading for problems? Kids who will battle the bulge all their lives are likely to:

- have many close relatives who are overweight
- regularly choose high-fat foods (fries, ice cream, luncheon meats)
- eat fewer fruits and vegetables
- watch more hours of TV each day
- have a poor self-image

During the preschool period, children form opinions about food and establish lifelong eating habits. Remember these tips to guide them:

- Offer a wide selection of nourishing foods.
- Don't categorize foods as good or bad.
- Never use food as a reward or punishment.
- Note that from ages 1 to 10, children are growing at a slower rate and appetites may wane. Don't nag, coerce, and bribe with desserts to get kids to eat.

Don't limit snacks because a child is overweight; *all* kids need snacks. Tiny tummies need frequent refueling to see them through a busy day. Just make

snacks count: Choose nutritious foods, such as fruit, juice, toast, milk, and pudding. Stock the house with good choices, and agree on regular snack times. An after-school snack is appropriate and can help control nibbling through the afternoon and overeating at dinner.

Foods that offer the satisfaction of chewing—crunchy apples, pretzels, or air-popped popcorn—are better choices than a candy bar. Also, buy such bite-size or snack-size treats as frozen yogurt bars rather than a half-gallon of ice cream, or a cupcake rather than a whole cake.

For a child, nothing is worse than feeling different from his peers. If an overweight child is singled out because he's not allowed to eat certain foods, it often makes those forbidden choices all the more alluring. Teaching the child to eat smaller portions of all types of foods is a better solution.

Make physical activity a part of each day. Encourage walking—to and from school, or to the bus stop. If your 2-year-old is chubby, take him for a walk each day, letting him walk beside you instead





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## KID'S FITNESS

FITNESS

of pushing him in a stroller. Plan a couple of walks a week with each of your older children. It's a great time to talk and spend some special time together. Encourage preschool children to play outside every day. Older kids should try team sports or recreational activities, such as swimming or bicycling.

Staying active as a teen is especially important, because during this period, there is a strong association between overweight and a lifelong weight problem. Pediatrician Platon Collipp, editor of a textbook on childhood obesity, cautions that teenage girls are twice as likely to face a struggle with being overweight as are teenage boys. Unfortunately, many teens are not involved in physical activities, and only a third get physical education daily at school. Couple this inactivity with their access to high-fat snacks and fast foods, and it's easy to see why teens are getting so much heavier.

On the plus side, teenagers are capable



**If an overweight child is singled out because he's not allowed to eat certain foods, it often makes those forbidden choices all the more alluring. Teaching the child to eat smaller portions of all foods is a better solution.**

of—and are interested in—improving themselves, and they can learn to link healthy eating and activity with performance and an attractive appearance. If you explain to a teenager that it will take a full hour of aerobics to burn off the calories in a hot fudge sundae, he or she may think twice about over-indulging.

Even though the experts cannot agree on the exact course of treatment for all overweight children, most agree that when a child is 20% over ideal weight for height, age, and sex, or if weight is accelerating quicker than height, it's time for professional intervention. The most successful weight-control programs for children involve the whole family, offer nutrition counseling, an exercise program, and psychological support to the child. Your physician or the local hospital can refer you to qualified professionals for help. ■

*Jo-Ann Heslin, M.A., R.D., and Annette B. Natow, Ph.D., R.D., are nutrition consultants and authors in Valley Stream, New York.*

### NUTRITION EQUATIONS

Kids need to eat the following foods daily. Portion sizes suggested are the recommended minimums.

	Preschool	School-Age	Teenage
<b>Milk, yogurt</b>	4 servings	3 servings	4 servings
1 serving =	½ cup	1 cup	1 cup
(Note: 1 ounce of cheese may be substituted for 1 cup of milk)			
<b>Meat, fish, poultry, cheese, eggs</b>	2 servings	2 servings	2 servings
1 serving =	1 ounce	2 ounces	3 ounces
(Note: ½ cup cooked beans may be substituted for 1 ounce of protein)			
<b>Fruits, vegetables</b>	4 or more servings	4 or more servings	4 or more servings
1 serving =	¼ cup	½ cup	½ cup)
<b>Grains</b>	4 or more servings	4 or more servings	4 or more servings
1 serving (bread) =	½ slice	1 slice	1 slice
1 serving (cooked cereal) =	¼ cup	½ cup	½ to ¾ cup
1 serving (rice or pasta) =	⅓ cup	½ cup	½ to ¾ cup
1 serving (dry cereal) =	⅓ to ½ cup	½ to ¾ cup	¾ to 1 cup



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*Scuba diving offers the best of everything—physical activity, mental relaxation, and the enchantment of a tropical reef. By Terry Lee Foose*



## Diving Into Paradise

**A**s the dive master completed a briefing on the dive site, I pulled on my fins and made a final check of my scuba gear. I signaled to my dive buddy that I was ready. Pressing my mask to my face, I took a giant stride over the side of the boat and dropped into the warm Caribbean. Seconds later my buddy followed. We hand-signaled "okay to go down" and began our descent.

The water closed over my head and immediately I felt a sense of weightlessness and freedom of movement. The topside sounds were replaced by the rhythmic, reassuring rumble of my breathing. And, although my dive buddy was never far from me, I felt the serenity of a solitary walk in the countryside.

At a depth of 33 feet, my buddy and I found ourselves above a reef that was teeming with life. Brilliantly colored parrot fish darted in and out of lavender tube sponges and gently oscillating sea plumes. A sapphire cloud of schooling chromis flitted back and forth in search of drifting

plankton. In solitary grandeur, a queen angelfish bowed her speckled crown to nibble algae.

As the seafloor angled down toward the rim of a vertical drop-off, we paused at a tower of mountainous star coral. A 2-foot tiger grouper was being meticulously manicured at a "cleaning station." Tiny gobies and juvenile wrasses were scouring the grouper's head and sides for parasites and venturing fearlessly into the fish's mouth to reach its gills. My buddy and I signed excitedly to each other. A few minutes later we moved on, reluctant to leave the grouper yet eager to begin searching for more new sights.

For me, the joy of diving began over 15 years ago. My initial at-

traction to the sport was based on the challenge and adventure of experiencing underwater horizons. Today, however, my love of this activity is grounded in its combination of physical and mental benefits and the enchantment of a tropical

reef. Diving gives the entire body an easy but rewarding workout. At the same time, it relaxes the mind with new sights and spectacles.

### Body and Soul

Novice as well as seasoned divers readily support this view. In the United States, approximately 2.6 million men, women, and children are active, certified scuba divers; 650,000 more are becoming certified divers each year.

Scott Taylor, co-owner and course direc-



**The love of scuba diving is grounded in its combination of physical benefits and the adventure of underwater horizons. It relaxes the mind with new sights and spectacles.**





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## TAKING AIM

FITNESS

tor of the A-1 Scuba Center in Englewood, Colorado, has certified more than 450 divers. He says, "Most divers are initially drawn to diving because of the aura of adventure, but they soon find out that the other features are also inviting."

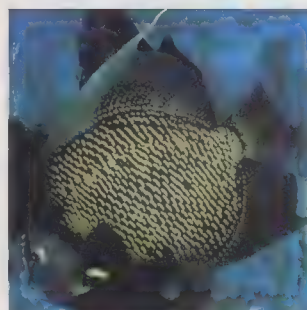
Taylor describes scuba diving as a non-competitive sport you can enjoy at your own pace. Although divers must dive in pairs, the partners don't have to be of equal age, skill, or athletic ability to have a good time diving together.

"The water acts as a sort of 'equalizer' because of its neutral buoyant properties," he continues. "In fact, disabled men and women find that scuba diving is one of the most rewarding fitness activities for them, because it allows them to perform as an equal with other able-bodied people."

Taylor, a former registered physical therapist, also praises the physical benefits of the sport. He says, "Diving is an excellent total body activity, allowing you to use most muscles. The kicking action with fins is an excellent knee and hip exercise. Because the water is basically antigravity, you don't jar or pound muscle or bone as you can when exercising on dry land."

Bruce and Toye Robbins, who own the Chub Cay Undersea Adventures dive resort in the Bahamas, agree. He says preparing for a dive helps tone the body: "Carrying gear, climbing on and off boats, and hiking along the beach to get to dive sites can be physically invigorating."

Bruce and Toye emphasize the mental aspects of diving, as well, comparing it to being in a giant aquarium: "You float tranquilly through a changing and growing world." And many divers remark that both the saltwater and the changes in pressure help to release tension—some-what like a relaxing massage.



**Bruce and Toye Robbins, who own a dive resort in the Bahamas, compare diving to being in a giant aquarium: "You float tranquilly through a changing and growing world." And divers say that the changes in pressure help release tension.**

### Getting Ready For Diving

Rewarding as it may be, learning to dive can be intimidating. Taylor says that my fears were typical of beginning divers: "Will I be able to breathe underwater without difficulty? Won't I feel claustrophobic? Is the sea life going to hurt me?" But I found that proper preparation addressed all these concerns and built up my confidence.

Although diving is not a strenuous or rigorous sport, being fit is a big help. Bruce and Toye Robbins recommend that divers be able to swim comfortably

for 200 yards and tread water for 10 minutes. "Also, they should be aerobically fit, with reasonable muscle tone that allows them to carry dive gear easily."

Dr. Gordon Daugherty, a diving medical specialist, recommends aerobic activities (swimming, jogging, cross-country skiing, rowing, or aerobic dance), too. He says, "Diving usually is enjoyed in a leisurely way, and most divers do not

The following sites in the United States or the nearby Caribbean were chosen according to diving ease, reef life, scenic beauty, and access.

■ **Ambergris Cay, Belize.** Belize, formerly British Honduras, is located on the southern coast of Mexico's Yucatan Peninsula. Ambergris Cay is a 15-minute flight from Belize City; 185-mile-long barrier reef. Large fish, barracuda, sharks, manta rays, tarpon. Excellent visibility. Still relatively unknown.

■ **Bonaire, Netherlands Antilles.** Fifty miles off coast of Venezuela. Good all-year-round diving. Abundance of invertebrates and small reef life. Beautiful coral formations. Excellent conservation programs protect marine parks.



expend a great deal of energy; but when there are adverse conditions, you need to be in shape. Being in shape is one of the best guarantees for underwater safety."

Certification classes are essential. They provide the gateway for new enthusiasts to become safe divers and the opportunity to decide whether this is the right activity for them. In a combination of class work, pool exercises, and open-water dives, we learned how to use equipment, ascend and descend, communicate with sign language, read dive tables, and apply emergency procedures for helping an injured buddy or handling air supply problems.

At the end of the course, we received certification cards (C-cards in dive vernacular). C-cards are recognized worldwide, and reputable dive operations will not allow you to rent equipment or participate in dive expeditions without this proof of your ability to dive.

When I took certification classes 15 years ago, my greatest fear was that I would forget how to handle my equipment in the water; I quickly discovered that the skills you learn in class become second nature. In most cases, as a diver completes training with a series of open-water dives, fears diminish and disappear.

#### The Real Fun Begins

As soon as I earned my C-card, I wanted to explore some of the many dive

destinations around the world. I have yet to find a dive resort that I haven't liked. In the warmth of the sun, the group motors out to a dive site, sharing past experiences with fellow divers on the boat. Then, for an hour, we immerse ourselves in an underwater paradise filled with tantalizing colors and sights. Between dives, I may sit around topside chatting with new friends, reading, or just taking in the sun. Unlike many other sports, divers don't finish the day with a sore body. My muscles are relaxed, and I feel a pleasant lethargy and peace. And if we're in the right place as the day comes to an end, we'll be treated to a horizon streaked with a fading sunset. Images of the beauty down under linger, along with a wonder for what the next dive will bring.

One of my most memorable trips was to the island of Bonaire in the Netherlands Antilles. With a tropical sun overhead, I arrived at the town pier in the center of Kralendijk with my dive gear and two dive buddies. Recognized as one of the premier dive resorts in the world, Bonaire offers a wealth of underwater spectacles and panoramas. This in itself is enough to keep any diver happy, but I wanted to take my diving experience one step further. So I signed up with Dee Scarr, an underwater naturalist who offers an unusual "Touch the Sea" program that teaches divers how to interact with sea life.

#### DESTINATIONS

- **Chub Cay, Bahamas.** North of Andros Island in the Bahama Chain. Situated on edge of Tongue of the Ocean. Called the "Fish Bowl of the Bahamas" because of visibility and variety of large and small reef life. Close proximity to Florida.
- **Cozumel Island, Mexico.** Off the eastern coast of the Yucatan Peninsula. Variety of diving options. Drift diving, wall dives, shallow coral reefs. Big fish. Large coral formation. Excellent visibility. Use a reputable dive operation.
- **Freeport, Grand Bahama Island.** Underwater Explorers Society (UNEXSO) offers large diving center. Dive sites 10 minutes from shore. Abundant reef life and coral formations.
- **Cayman Islands.** South of Cuba.

Broad variety of diving options. Spectacular wall and chute dives. Shallow reef formations. Famous "Stingray Alley" where divers swim with stingrays. Huge sponge formations. Excellent visibility.

■ **Kona, Hawaii.** Because of volcanic makeup, coral formations are limited. Abundance of fish life. Great visibility. Good accessibility to dive sites.

■ **Roatán, Honduras.** Off the coast of Honduras. Prolific coral and sponge formations. Small but abundant fish life. Close proximity to dive sites. Friendly people.

■ **Santa Catalina Island, California.** South of Los Angeles. Large kelp beds. Sea lions. Lobsters. Cold diving. Full wet suit, hood, and gloves required.



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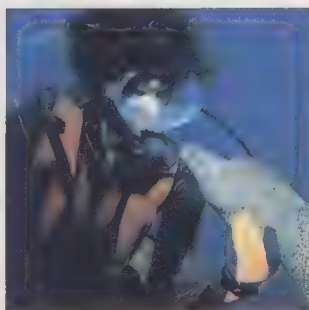
# TAKING AIM

FITNESS

I was disappointed by the setting Dee had chosen for our dive. Large tugboats berthed alongside the town pier droned loudly, while cars hurtled by on the narrow road next to the small sandy beach. Not quite the environment I had expected for intimate encounters with sea life, I thought, as I wistfully recalled the pristine reefs on previous dives.

Dee seemed to read my thoughts. She explained, "Pier diving is not glamorous, but the shallow water allows you to stay under longer, and the environment created by abandoned junk and refuse provides homes and a food supply that fosters marine growth."

Outfitted and ready, we followed her



**From under the tire, a black and white spotted eel emerged. Dee made the sign of a Q. The eel was her friend with whom she had "worked" for years.**

into the water. It was difficult to adjust to the pier environment. Littered with bottles, tin cans, automobile tires, and other remnants of topside life, it looked about as appealing as the interior of a garbage disposal. Silently, I reminded myself, "One man's junk is another man's treasure."

I began to understand Dee's fascination with this setting when we made our first stop alongside a pier piling.

The wooden pillar was covered with brilliant crimson and black encrusting sponges and yellow porous corals. Within the interiors of these sponges and soft corals, spindly-legged arrow crabs and banded coral shrimp clung. Nearby, clusters of red and purple

eggs of the sergeant major fish adhered to the piling, while "daddy" hovered a foot away in attendance.

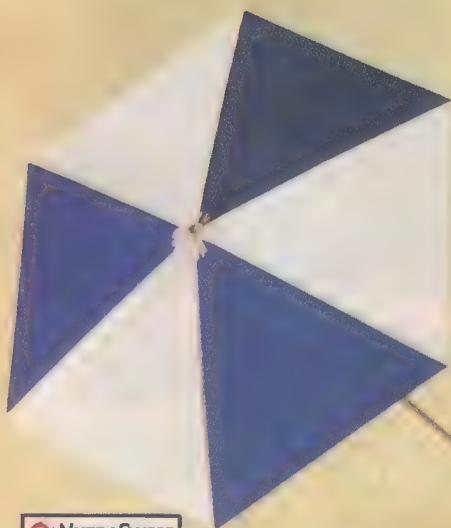
Dee gave us pieces of hot dog from a container. She motioned for us to take off our gloves and wave the hot dogs in the water. Yellowtail snappers swarmed eagerly around us, nipping our fingertips as they devoured the food.

Later I realized this stop was to prepare us for our next encounter. At a discarded auto tire, we followed Dee's direction, stretching out on the sandy floor to watch.

From beneath the tire, the head of a black and white spotted eel emerged. My dive buddies and I stopped breathing. Swaying rhythmically from side to side, the eel surveyed us with small black eyes, while his mouth opened wide to flaunt well-kept teeth. Dee smiled and made the sign of a Q. The eel was her friend with whom she had "worked" for years; she had named him "Q."

Dee put on gloves and, moving slowly so Q would not be stressed, extended her

PHOTOGRAPH BY SCHULTZ



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palms. Q slithered out—all 3½ feet of him. His jaws brushed against her outstretched hands, and he twisted in delight as Dee gently stroked him.

Moments later, Q returned to his den, and Dee motioned for me to follow her

example. Hesitantly, I moved my hands forward. Q came out to greet me. He rubbed against my twitching palms, then decided to explore further. Wrapping his body around my shoulders, he circled my neck, then cruised down my side and out

of sight. I practiced Lamaze breathing.

Seconds later, Q's tail flickered before me, and he disappeared into his den. I gave a sign of triumph, then froze as Dee handed me a piece of hot dog. Gingerly, I extended the offering between thumb and forefinger. Zap! The hot dog was gone. I flexed my hand and marveled at the beauty of five fingers.

Unquestionably delighted by the encounter, Q was already back in his tire, waving his head from side to side as if to ask, "Who's next?" With increasing confidence, each of us fed Q.

Shortly thereafter, Dee signaled for us to surface. Reluctantly, I bade farewell to the junkyard paradise. Onshore, I reflected how my diving experiences typically consisted of hovering above virginal reefs, watching the sea life teem around me. For a brief afternoon, however, under the expert guidance of Dee, I had ceased to be an observer. Instead, I had become an active partaker in the mysteries of the underwater world. ■

*Terry Lee Foose is a freelance writer in Castle Rock, Colorado.*

## CERTIFICATION

Certification courses consist of class work, swimming pool instruction, a written exam, and open-water dives (taken in a lake, reservoir, quarry, or the ocean). Students must be at least 15 to get a certification card (C-card); 12- to 15-year-olds can get junior C-cards, which allow them to dive with adults. Certification takes approximately 20 to 25 hours. Dive organizations offer a variety of class options, ranging from an intensive weekend to three- to six-week courses.

Classes are given through the following national diving organizations:

- National Association of Scuba Diving Schools (NASDS); (714) 846-0367
- National Association of Underwater Instructors (NAUI); (714) 621-5801

■ National YMCA Scuba Programs (YMCA); (404) 662-5172

■ Professional Association of Diving Instructors (PADI); 1-800-729-7234

■ Scuba Schools International (SSI); (303) 482-0883

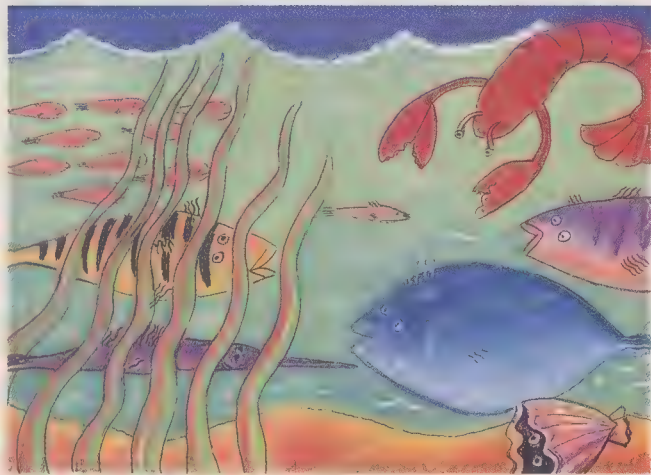
Many dive organizations offer an introductory program to let you "test the waters." PADI's Discover Scuba offers a 1½-hour program that includes a slide show, a description of scuba equipment, and an opportunity to get in the water with scuba gear. Many dive resorts also offer one-day training that includes taking a shallow dive without being certified.

Safe diving requires up-to-date skills. If more than a year passes between dives, take a refresher course.



# FOOD FOR THOUGHT

*The facts about seafood safety, margarine's polyunsaturated: saturated fat ratio, "light" microwave popcorn, and more.*



## VOLUNTEERING FOR SAFE SEAFOOD

Judging from the endless stream of reports about polluted rivers and contaminated beaches, it's no wonder many people are questioning the safety of both seafood and freshwater fish. Although as little as 10% of all seafood eaten in the U.S. is inspected, government sources say advances are being made to ensure its safety.

According to the National

Marine Fisheries Service (NMFS), food industry people from processors to importers to restaurateurs are voluntarily paying a fee to have this agency inspect their catch. Different seals are awarded and displayed.

Elizabeth Kissel, chief of the industry and consumer liaison branch with the NMFS, says many supermarkets are now asking their suppliers to participate in

the inspection program. The stores then can advertise the safety of their seafood as certified by the program.

Another promising program, still in its infancy, is a collaboration between the NMFS and a trade group of supermarket owners, the Food Marketing Institute. This joint effort involves a voluntary safety program for supermarket seafood vendors. Launched in 1989, this program is not yet highly visible.

Until the government starts mandatory inspections, it's up to voluntary programs to help keep the "catch" safe. Meanwhile, choose farm-raised fish or cold-water fish that live in deep seawater (where it is clean). Also, if you stick to reputable seafood dealers, the chances for contamination problems are slim.

## TABLE FOR TWO?

*You're likely to rack up more calories when dining with friends than when dining alone, say researchers at Georgia State University. That's their conclusion after studying food reports from*


*63 adults. Records show that people tend to eat bigger meals in the company of others. While the reasons remain unclear, researchers have a few theories.*

*People may tend to splurge more when eating with friends. Social pressures also are highly influential.*

*For instance, it is hard to refuse when everyone else at the table is ordering dessert. Then, too, politeness may induce you to take at least one serving of Aunt Millie's casserole—even if you aren't hungry.*

*But dining alone is not necessarily a healthier approach, according to Kelly Brounell, Ph.D., of the University of Pennsylvania. An expert in behavior modification techniques for weight loss, Brounell says cues to overeat also can come at home. Isolation or loneliness, for example, triggers some people to binge.*

*Brounell's advice: "Examine your eating patterns, and learn how to deal with the pressures that cause you to overeat." This is sound advice whether dining alone or with friends.*

The  percentage of calories from fat in "light" breaded fish sticks can be as high as 66%.\*

## WOMEN AND ALCOHOL

Many people assume that men "hold their liquor" better than women because men generally weigh more. But a cooperative study headed by the Veterans Affairs Medical Center in New York has found another reason.

In a study of 23 women and 20 men, researchers found that women had lower levels of alcohol dehydrogenase, an important enzyme. This enzyme, found in the stomach lining and liver, is responsible for breaking down alcohol. With less alcohol dehydrogenase present in the stomach, more alcohol gets into the bloodstream, causing intoxication. The results of the study remained the same even after researchers took into consideration differences in weight and age.

This inequity in enzyme levels accounts for the fact that a woman can drink the same amount of liquor as a man, yet get drunk faster than he does. The difference puts women at a higher risk for liver disease, too. Of course, men also should moderate their alcohol intake, but this study shows that it is especially important for women.





# Zip up potatoes with Miracle Whip®



## QUICK NEW POTATO SALAD

- ¾ CUP **MIRACLE WHIP** SALAD DRESSING
- ¼ CUP FINELY CHOPPED ONION
- 1 TABLESPOON DIJON MUSTARD
- ¼ TEASPOON BLACK PEPPER
- 1½ LBS. NEW POTATOES, QUARTERED (ABOUT 4½ CUPS)
- ¼ CUP WATER
- 1 CUP CUBED **LOUIS RICH** SMOKED TURKEY BREAST
- 1 CUP CUCUMBER SLICES, QUARTERED
- ½ CUP RED PEPPER STRIPS

- IN LARGE BOWL, STIR TOGETHER SALAD DRESSING, ONION, MUSTARD AND BLACK PEPPER; SET ASIDE.
- COMBINE POTATOES AND WATER IN 2-QUART GLASS CASSEROLE; COVER.
- MICROWAVE ON HIGH 11-13 MINUTES OR UNTIL TENDER, STIRRING AFTER 6 MINUTES. DRAIN.
- STIR POTATOES AND REMAINING INGREDIENTS INTO SALAD DRESSING MIXTURE. CHILL. 6 SERVINGS.

PREP TIME: 15 MINUTES PLUS CHILLING  
MICROWAVE COOKING TIME: 13 MINUTES





# FOOD FOR THOUGHT

## MICROWAVE POPCORN LIGHTENS UP

Popcorn is America's fastest growing snack, and microwave popcorn accounts for over half of all popcorn sales. At least three "light" microwave popcorns are being marketed. The new varieties contain less fat, fewer calories, and less salt.

Both Betty Crocker's Butter Flavor PopSecret "Light"® and Jolly Time Butter Flavor "Light"® contain half the calories of their original products. A 3-cup serving of PopSecret "Light" has 70 calories, 3 grams of fat, and 115 milligrams of sodium. A 3-cup serving of Jolly Time "Light" has 70 calories, 2 grams of fat and 90 milligrams of sodium.



Orville Redenbacher's new Butter Flavor Gourmet Light Microwave Popping Corn® contains two-thirds the calories of the original. A 3-cup serving has 50 calories, 1 gram of fat, and 95 milligrams of sodium.

However, all three "light" versions are made with partially hydrogenated soybean oil, a more saturated oil than its liquid counterpart. Air-popped popcorn is still the healthiest choice.



**GOING GATOR** Alligator is showing up on the menu. Its succulent meat has a flavor that has been described as a cross between veal and chicken. Alligator meat can be found in restaurants as far north as Boston. But of course, the most likely place to find an alligator steak, stew, or stir-fry is in southern states—Texas, Florida, and especially Louisiana.

No longer an endangered species, alligators now mean big business in the bayou district. "Alligator farming is a large part of our seafood industry," explains Chris Walters of the Louisiana Seafood Promotion Board. Walters says meat from the jaw and tail is the most tender. But tougher cuts from the leg and body can be tenderized and cooked just like the less tender cuts of beef, she adds. In fact, alligator meat can be substituted for beef, chicken, or seafood in just about any dish.

Nutritionally speaking, alligator wins accolades, too. A 3½-ounce portion of alligator has about 100 calories, with only 1.5 grams of fat. Compare this to a 3½-ounce portion of skinless, roasted chicken at 172 calories and 4.5 grams of fat, and lean beef with 202 calories and 9.2 grams of fat.

Unfortunately, most restaurants that serve alligator fry it. But people are discovering that alligator is healthier and just as tasty when it's broiled, roasted, or stewed. For recipes and information about purchasing alligator meat by mail, call the Louisiana Seafood Promotion and Marketing Board at 1-800-222-4017.

## CONDIMENT ROUND-UP

Americans just love to "doctor" up even the simplest of sandwiches or side dishes with a condiment or two. Trouble is, these little extras—catsup, tartar sauce, relish, mayonnaise—are not always benign when it comes to fat, sodium, or calories. Take a look at the chart (right) to see how your favorites total up.



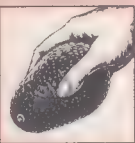
Condiment (1 tablespoon)	Total Calories	Calories From Fat	Sodium (milligrams)
Mayonnaise	99	100%	78
Light mayonnaise	45	100%	90
Tartar sauce	80	100%	75
Plain salad dressing	69	90%	84
Prepared mustard	12	45%	189
Steak sauce	15	12%	265
Barbecue sauce	22	8%	249
Pickle relish	21	4%	107
Chili sauce	17	*	191
Worcestershire sauce	11	*	234
Horseradish	6	*	14
Catsup	18	0%	180
Soy sauce	6	0%	825

(\*Contains only trace amounts of fat)

SOURCE: BOWEN & CHURCH'S FOOD VALUES OF PORTIONS COMMONLY USED, 15TH EDITION (J.B. LIPPINCOTT COMPANY, 1989)



# CALIFORNIA AVOCADO OMELETTE



Yields to pressure when ripe.



Rotate halves to separate.

## Half empty.



## Half full.



Take a look at the California Avocado and what do you see? ¶ Some may see it as a delicious fruit filled with countless culinary possibilities. ¶ Others might see it as a perfect way to get essential nutrients. Like 17 vitamins and minerals. And more potassium than a banana. ¶ And since

it's low in sodium and contains no cholesterol, it can also be perceived as quite healthy too. ¶ No matter

how you look at it, the

California Avocado is full of valuable ways to enhance your menu.

¶ And that's no empty promise.



RIPE WITH POSSIBILITIES. AND NO CHOLESTEROL.



Stuff, slice or dice.



Peel back skin.

# AVOCADO CHICKEN TACO

CHICKEN AVOCADO CACCIATORE - TURKEY AVOCADO MELT

AVOCADO NICOISE SALAD - AVOCADO SHRIMP PASTA



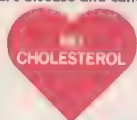


## THE ALL-ITALIAN WITH A HEART.

That's Colavita. The 100% Italian Extra Virgin Olive Oil that's naturally cholesterol-free, with nothing added or taken away. It's made, as it has been for 2,000 years, from the first cold pressing of olives grown and hand picked in the Italian heartland.

Experience the delicate flavor and authentic taste of 100% Italian Colavita Extra Virgin Olive Oil. It's the all-Italian with a heart.

A diet low in saturated fats helps prevent heart disease and cancer.



Consult your physician on the benefits of olive oil.

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### P:S I LOVE YOU

Shopping for margarine can be mind-boggling. Checking the P:S ratio is one way to ensure you're choosing a healthy one. This is the amount of polyunsaturated fat (P) compared to saturated fat (S) in a food item. Look for a P:S ratio of at least 2:1—twice as much polyunsaturated fat (which can lower blood cholesterol) as saturated fat (which can raise blood cholesterol). The higher the P:S ratio, the better. This chart lists some margarines' P:S ratios, starting with the highest.

Margarine	Type	P:S Ratio
Promise® 68% Vegetable Oil Spread	Tub	5:1
Shedd's Spread® Country Crock® 64% Vegetable Oil	Squeezable	4:1
Promise® Extra-Light 40% Vegetable Oil Spread	Tub	3:1
Shedd's Spread® Country Crock®	Tub	3:1
Weight Watcher's® Light Spread 40% Vegetable Oil Spread	Tub	3:1
Fleischmann's® Squeeze Spread 70% Corn Oil	Squeezable	5:2
I Can't Believe It's Not Butter™ 75% Vegetable Oil Spread	Tub	5:2
Fleischmann's® Soft 100% Corn Oil Spread	Tub	5:2
Kraft® Whipped Miracle® Brand Margarine	Tub	2:1
Mazola® Light Corn Oil Spread	Tub	2:1
Blue Bonnet® Spread 48% Vegetable Oil	Tub	2:1
Parkay® Spread	Tub	2:1
Mazola® 100% Corn Oil Margarine	Stick	2:1
Promise® 68% Vegetable Oil Spread	Stick	2:1
Blue Bonnet® Whipped Margarine	Stick	2:1
Weight Watcher's® Reduced Calorie Margarine	Stick	2:1
Fleischmann's® Light Corn Oil Spread 60% Oil	Tub	3:2
Blue Bonnet® Margarine	Stick	3:2
Country Morning® Blend Land O Lakes® 60% Corn Oil Margarine, 40% Sweet Cream Butter	Stick	1:1
Kraft® Whipped Miracle® Brand Margarine	Stick	1:1
Parkay® Margarine	Stick	1:2

**BUT WHO'S COUNTING** Americans are wising up to good health. We seem to be losing our obsession with weight, according to a national survey by the Calorie Control Council. In 1989, 48 million people were dieting (down from 65 million in 1986). And now Americans who are watching calories are doing so to stay in good health, rather than just to lose weight.

Maintaining a normal body weight is important, but other considerations include percentage of body fat, cardiovascular fitness, blood cholesterol, and blood pressure. So no longer do we count just calories; we're also interested in grams of fat (saturated and polyunsaturated), milligrams of cholesterol, and milligrams of sodium.

The message is getting through that "thin" and "healthy" are not synonymous. It may require more effort to keep track of fat, cholesterol, and sodium, but these have the potential to impact our health even more than calories. ■

By Maureen Callahan, M.S., R.D.



ILLUSTRATION: BIRCH MARRIS





The omelet on the right was  
made with zero-cholesterol Scramblers.<sup>®</sup>  
Or was it the one on the left?



Hard to tell. Because Scramblers from Morningstar Farms<sup>®</sup> make your favorite egg dishes just the way you love them—only healthier. Scramblers are made from real eggs, but they have no cholesterol, less fat and fewer calories. In the frozen breakfast section.



The Foods You Love, Only Healthier.<sup>™</sup>

You probably have dozens of recipes you'll love making with Scramblers, but if you'd like more, write for our free booklet, "Recipes for Change": Scramblers, 900 Proprietors Rd., Worthington, OH 43085.



# AS AMERICAN AS...

**N**orman Rockwell nostalgia and *Doonesbury* cartoons. Cowboys around a campfire. The explosive pop culture of booming cities. Country quilting bees and county fairs. Red, white, and blue political conventions in the heat of summer. The Indy 500 and the World Series. Each of these diverse scenes is undeniably all-American.

As for American food, "melting pot" is a literal term. This country has embraced and transformed recipes from all over the world, as immigrants adapted their culinary traditions to a new way of life. Little did those early Americans realize that while they were busy building a country, they were also creating what is probably the most varied national cuisine in the world.

Each generation leaves its mark on American cookery, as lifestyles continue to change. Today's cooks are interested in preparing healthful versions of family favorites. The recipes on these pages are lighter than Grandma's, but just as delicious and satisfying.

Creamy Rice Pudding is special enough for Sunday dinner. Take old-fashioned Chunky Beef Stew or cheesy Tuna Noodle Casserole to the next pot-luck supper. Score a hit with Barbecued Chicken and crispy Oven Fries for a Fourth of July cookout and softball game.

And what is a celebration of American food without an apple pie? Favorite Apple Pie is perfect for the annual family reunion.

## FAVORITE APPLE PIE

- 1¼ cups plus 3 tablespoons sifted cake flour, divided
- ⅓ cup plus 2 tablespoons sugar, divided
- 3 tablespoons margarine, cut into small pieces and chilled
- 2 tablespoons plus 2 teaspoons ice water
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 4 Rome apples (about 2 pounds), each peeled and cut into 16 wedges
- 3 tablespoons brown sugar
- 1½ tablespoons margarine
- ⅛ teaspoon ground cinnamon

Combine 1 cup flour and 2 tablespoons sugar in a medium bowl; cut in 3 tablespoons margarine with a pastry blender until mixture resembles coarse meal and is pale yellow. Sprinkle ice water, 1 tablespoon at a time, over surface; toss with a fork until dry ingredients are moistened and mixture is crumbly. (Do not form a ball.)

Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap, and chill 15 minutes. Roll dough, still covered, to an 11-inch circle. Place dough in freezer 5 minutes or until plastic wrap can be easily removed. Fit dough into a 9-inch pieplate, and remove plastic wrap. Fold edges under and flute.

Combine ⅓ cup sugar, 3 tablespoons flour, ½ teaspoon cinnamon, and nutmeg in a bowl; stir

**APPLE PIE, BEEF STEW, TUNA NOODLE CASSEROLE,  
BARBECUED CHICKEN & MORE! BY SUE SPITLER**



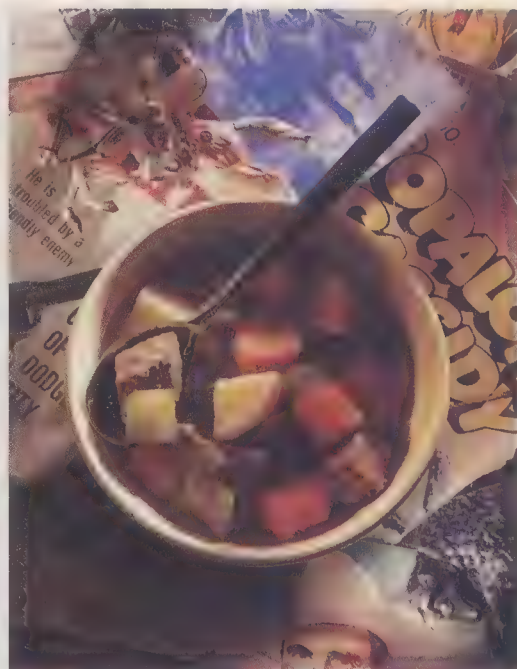


★  
Favorite Apple Pie  
has all the appeal of  
a blue ribbon  
winner. Thick slices  
of juicy Rome  
apples mingle with  
cinnamon and  
brown sugar in a  
tender pastry with a  
crumbly streusel  
topping.









well. Place apple in a large bowl; add sugar mixture, tossing gently to coat. Place apple mixture in pastry.

Combine remaining  $\frac{1}{4}$  cup flour, brown sugar,  $1\frac{1}{2}$  tablespoons margarine, and  $\frac{1}{8}$  teaspoon cinnamon in a bowl; stir well. Sprinkle over apple mixture. Bake at  $425^{\circ}$  for 27 minutes or until crust is lightly browned. Yield: 10 servings (about 171 calories per serving).

PROTEIN 1.2 / FAT 5.4 / CARBOHYDRATE 30.5 / CHOLESTEROL 0 / IRON 0.3 / SODIUM 61 / CALCIUM 10

## BARBECUED CHICKEN

- $\frac{1}{2}$  cup finely chopped onion
- $\frac{1}{4}$  cup firmly packed brown sugar
- 2 tablespoons cider vinegar
- 2 tablespoons prepared mustard
- $1\frac{1}{2}$  teaspoons chili powder
- 1 teaspoon Worcestershire sauce
- 1 large clove garlic, minced
- 1 (13 $\frac{1}{4}$ -ounce) bottle reduced-calorie catsup
- Vegetable cooking spray
- 8 (6-ounce) skinned chicken breast halves

Combine first 8 ingredients in a saucepan; stir well. Bring to a boil over medium heat. Cover, reduce heat, and simmer 20 minutes.

Coat a grill rack with cooking spray; place on grill over medium-hot coals. Place chicken, bone side up, on rack; cook 10 minutes. Turn chicken over; baste with catsup mixture. Cook an additional 40 minutes or until chicken is done, turning and basting every 5 minutes. Yield: 8 servings (about 200 calories per chicken breast half).

PROTEIN 27.1 / FAT 4.2 / CARBOHYDRATE 11.4 / CHOLESTEROL 72 / IRON 1.3 / SODIUM 134 / CALCIUM 31





Hot and bubbly  
Tuna Noodle  
Casserole is a  
colorful medley of  
peas, fresh  
mushrooms, red  
bell pepper, egg  
noodles, and tuna.  
A crusty  
combination  
of Cheddar cheese  
and breadcrumbs  
tops it off.

## OVEN FRIES

- 3 medium unpeeled baking potatoes  
(about 1½ pounds)
- 2 teaspoons vegetable oil
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Vegetable cooking spray

Scrub potatoes; cut into 3½- x ½- x ½-inch strips. Place in a bowl; cover with cold water. Let stand 30 minutes; drain. Pat dry with paper towels.

Combine oil, salt, and pepper in a large bowl. Add potatoes, and toss well to coat. Arrange in a single layer on a baking sheet coated with cooking spray. Bake at 475° for 25 minutes or until tender and browned, turning potatoes after 15 minutes. Serve warm. Yield: 6 servings (about 98 calories per ½-cup serving).

PROTEIN 2.5 / FAT 1.7 / CARBOHYDRATE 18.9 / CHOLESTEROL 0 / IRON 1.4 /  
SODIUM 106 / CALCIUM 16

## TUNA NOODLE CASSEROLE

- Vegetable cooking spray
- ¾ cup sliced fresh mushrooms
- ¼ cup chopped red bell pepper
- 2 tablespoons finely chopped onion
- 3 tablespoons margarine
- 3 tablespoons all-purpose flour
- 2 cups skim milk
- 4 cups cooked medium egg noodles  
(cooked without salt or fat)
- 1 cup frozen green peas, thawed
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 (12½-ounce) can tuna in water, drained
- ½ cup (2 ounces) shredded sharp Cheddar cheese
- ¼ cup fine, dry breadcrumbs

Coat a saucepan with cooking spray; place over medium heat until hot. Add mushrooms, bell pepper, and onion, and sauté 3 minutes or until crisp-tender. Remove from saucepan; set aside.

Add margarine to saucepan, and place over medium-low heat until melted. Add flour; cook 1 minute, stirring constantly with a wire whisk. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, an additional 6 minutes or until thickened and bubbly.

Pour sauce into a bowl. Stir in mushroom mixture, noodles, and next 4 ingredients. Spoon into a shallow 2-quart baking dish coated with cooking spray. Top with cheese and breadcrumbs. Cover and bake at 350° for 30 minutes. Yield: 8 servings (about 273 calories per 1-cup serving).

PROTEIN 17.2 / FAT 9.1 / CARBOHYDRATE 29.6 / CHOLESTEROL 47 / IRON  
1.5 / SODIUM 365 / CALCIUM 146

## CHUNKY BEEF STEW

- 2 pounds lean, boneless top round steak
- 3 tablespoons all-purpose flour
- Vegetable cooking spray
- 1½ cups coarsely chopped onion
- ½ teaspoon rubbed sage
- ¼ teaspoon dried whole thyme
- 2 bay leaves
- 2 cups water
- 2 teaspoons beef-flavored bouillon granules
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 pound unpeeled round red potatoes, cut  
into 1-inch pieces
- 4 large stalks celery, cut into 1-inch pieces
- 3 medium carrots, cut into 1-inch pieces

Trim fat from steak. Cut steak into 1-inch cubes; toss with flour. Coat a Dutch oven with cooking spray; place over medium heat until hot. Add steak;



cook 6 minutes or until steak loses its pink color. Add onion and next 3 ingredients. Cook 5 minutes or until onion is tender.

Add water, bouillon granules, salt, and pepper; stir well. Bring to a boil; cover, reduce heat, and simmer, covered, 45 minutes. Add remaining ingredients, and simmer an additional 45 minutes or until vegetables are tender. Discard bay leaves. Yield: 8 servings (about 235 calories per 1-cup serving).

PROTEIN 28.2 / FAT 5.2 / CARBOHYDRATE 17.7 / CHOLESTEROL 65 / IRON 3.6 / SODIUM 399 / CALCIUM 36

## MACARONI SALAD

- 1/3 cup peeled, diced cucumber
- 2 tablespoons white vinegar
- 4 cups cooked elbow macaroni  
(cooked without salt or fat)
- 1/2 cup chopped green bell pepper
- 1/3 cup thinly sliced celery
- 1/4 cup sliced green onions
- 1 (2-ounce) jar diced pimiento, drained
- 1/4 cup reduced-calorie mayonnaise
- 1/2 cup plain low-fat yogurt
- 3/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 teaspoon dried whole dillweed
- 1/8 teaspoon pepper

Combine cucumber and vinegar in a medium bowl; let stand 30 minutes. Add macaroni and next 4 ingredients; toss well. Combine mayonnaise and next 5 ingredients; stir well. Add to macaroni mixture; toss gently to coat. Cover and chill. Yield: 12 servings (about 63 calories per 1/2-cup serving).

PROTEIN 1.9 / FAT 1.7 / CARBOHYDRATE 10.1 / CHOLESTEROL 2 / IRON 0.5 / SODIUM 146 / CALCIUM 26

## CREAMY RICE PUDDING

- 2 egg yolks
- 1/2 cup sugar, divided
- 1 cup 2% low-fat milk, scalded
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 3 cups 2% low-fat milk
- 3 cups cooked long-grain rice  
(not converted rice; cooked without salt or fat)
- 3/4 cup raisins

Beat egg yolks in a medium bowl at high speed of an electric mixer until thick and lemon colored (about 5 minutes); gradually add 1/4 cup sugar, and beat mixture 1 minute. Gradually add 1 cup scalded milk, stirring mixture with a wire whisk until well blended.

Pour mixture into a medium saucepan, and



place over medium heat; cook until thickened, stirring constantly with a wire whisk. Remove from heat; stir in ground cinnamon, nutmeg, and vanilla extract. Set aside.

Bring 3 cups milk to a boil over medium heat in a large, heavy saucepan, stirring frequently. Reduce heat to medium-low; add cooked long-grain rice and remaining 1/4 cup sugar.

Cook for 30 minutes or until milk is absorbed, stirring frequently. Fold in egg yolk mixture and raisins. Serve warm or chilled. Yield: 12 servings (163 calories per 1/2-cup serving).

*Note:* To scald milk, place in a heavy saucepan, and cook over medium heat to 180° or until tiny bubbles form around edges of pan.

PROTEIN 4.4 / FAT 2.6 / CARBOHYDRATE 30.9 / CHOLESTEROL 52 / IRON 0.8 / SODIUM 44 / CALCIUM 113

*Sue Spiller is a freelance writer and recipe developer in Long Beach, Indiana.*

★  
Rich and sweet—and loaded with plump raisins—Creamy Rice Pudding can be served warm or chilled. Its satiny-smooth custard base is flavored with cinnamon, nutmeg, and a hint of vanilla.



# TOMATOES

## *Fresh off the Vine*

**T**he tomato is as rich in history as it is rich in taste. A product of the New World, tomatoes were unknown in Old World kitchens before the 16th century. Amazing, considering how well the tomato meshes with the traditional cuisine of the Mediterranean basin countries.

Spanish explorers returned home with the tomato plant, probably from the northern regions of South America. Europeans prized it primarily as an ornamental plant, and for a long time feared it as poisonous. (Its leaves, in fact, are toxic.)

The Moors were among the first to recognize the culinary uses of the tomato. Italians called it *pomo di Mori*, or "apple of the Moors." The very first tomatoes are said to have been bright yellow and perhaps the size of today's cherry tomato.

In this country, tomatoes have enjoyed a place in the kitchen for only about 150 years. Researchers report that in 1840, a New Jersey farmer stood on the steps of a courthouse and ate a raw tomato before a skeptical crowd to prove that tomatoes were not poisonous. Early cookbooks always instructed that tomatoes be thoroughly cooked for at least three hours.

Fortunately, the world has come a long way since then. It's perfectly acceptable to lose yourself in gustatory bliss as you sink your teeth into a juicy tomato—freshly picked and still warm from the sun. Tomatoes are at their best during the local growing season, and although there are some suitable substitutes during other times of the year, now is the time to truly enjoy the tomato.

One more historical note: In 1893, the Supreme Court decreed that although botanically the tomato is classified as a fruit, for trade purposes it should be classified as a vegetable.

### GLOSSARY

**Beefsteak Tomato:** Very large, firm tomato; bright red in color. Serve raw in thick slices for salads or sandwiches.

**Green Tomato:** An unripened version of the round red tomato. Usually small, crunchy, and quite tart, although larger or mature ones can be quite sweet. Popularly used as a pickle or dipped in a batter and fried. A good substitute for tomatillos in a Mexican-style salsa.

**Plum Tomato (also called sauce tomato, paste tomato, or Italian tomato):** Distinguished by its oblong shape. Plum tomatoes have more pulp (less juice and seeds) and are usually sweeter than round red tomatoes. Use in salads and cooked or uncooked sauces.

**Red or Yellow Cherry Tomato:** Small, sweet, and juicy; often a good choice even out of tomato season. Some find the tomato flavor particularly well concentrated. Available in pint baskets or by the pound.

**Red or Yellow Pear Tomato:** Tiny and pear-shaped, with a sweet and juicy, concentrated flavor. Serve as a snack or in a tossed salad; makes a pretty garnish.

**Round Red Tomato (also called Red Globe tomato):** Bright red, juicy, standard garden-variety tomatoes. It is best to buy vine-ripened ones in season. Cut up in salads, or hollow out and stuff; good cooked in soups or sauces.

**Round Yellow or Orange Tomato:** Can have a stunning bright orange or a dull golden color. Often thought to be low-acid tomatoes, but actually they are higher in sugar and thereby merely give the sensation of lower acidity. Slice in salads, or chop up in soups.

— By Marie Simmons —

### GAZPACHO

- 2¼ cups peeled, coarsely chopped round red tomato (about 1 pound)
- 1½ cups no-salt-added tomato juice
- ¾ cup peeled, seeded, and diced cucumber
- ¼ cup chopped fresh parsley
- 2 tablespoons minced fresh onion
- 1 small clove garlic, minced
- 1 tablespoon balsamic vinegar
- ½ teaspoon ground cumin
- ½ teaspoon minced fresh jalapeño pepper
- ⅛ teaspoon salt
- ⅛ teaspoon coarsely ground pepper
- Fresh parsley sprigs (optional)

Combine first 11 ingredients in container of an electric blender; cover and process until chunky. Pour mixture into a bowl; cover and chill. Ladle into soup bowls, and garnish with parsley sprigs, if desired. Yield: 4 cups (about 47 calories per 1-cup serving).

PROTEIN 2.2 / FAT 0.3 / CARBOHYDRATE 10.8 / CHOLESTEROL 0 / IRON 1 / SODIUM 95 / CALCIUM 22

### BAKED TOMATOES PROVENCALE

- 1 (1-ounce) slice day-old wheat bread, cubed
- 1 small clove garlic, chopped
- 1 teaspoon minced fresh rosemary
- ¼ teaspoon salt
- ⅛ teaspoon coarsely ground pepper
- 2 medium unpeeled round red tomatoes (about 1 pound)
- 1 teaspoon olive oil

Position knife blade in food processor bowl; add first 5 ingredients, and process 15 seconds or until crumbs are fine.

Core tomatoes, and cut each in half









Two-Tomato Salsa on toasted corn tortilla wedges; pasta with Tomato-Basil Sauce

crosswise; place cut sides up in a baking dish. Brush cut sides with oil. Bake at 400° for 10 minutes.

Sprinkle tomatoes with breadcrumb mixture, and bake an additional 8 minutes or until lightly browned. Yield: 4 servings (about 43 calories per serving).

PROTEIN 1.4 / FAT 1.5 / CARBOHYDRATE 6.7 / CHOLESTEROL 0 / IRON 0.6 / SODIUM 190 / CALCIUM 16

### TOMATO-BASIL SAUCE

1½ cups chopped unpeeled round red tomato (about ¾ pound)  
2 tablespoons minced fresh basil  
1 tablespoon minced purple onion  
¼ teaspoon coarsely ground pepper  
⅛ teaspoon salt  
1 small clove garlic, minced  
1½ teaspoons extra-virgin olive oil  
1 teaspoon lemon juice

Combine all ingredients in a bowl; stir well. Let stand 1 hour. Serve with pasta,

fish, or chicken. Yield: 1½ cups (about 21 calories per ¼-cup serving).

PROTEIN 0.5 / FAT 1.2 / CARBOHYDRATE 2.6 / CHOLESTEROL 0 / IRON 0.4 / SODIUM 53 / CALCIUM 13

### TWO-TOMATO SALSA

2 cups diced unpeeled plum tomato  
1 cup diced unpeeled green tomato  
½ cup diced green bell pepper  
¼ cup chopped purple onion  
1 tablespoon finely chopped jalapeño pepper  
1 tablespoon finely chopped fresh cilantro  
1 clove garlic, minced  
¼ teaspoon salt  
⅛ teaspoon coarsely ground pepper  
2 tablespoons fresh lime juice  
1 tablespoon olive oil

Combine all ingredients in a bowl; stir well. Serve at room temperature or chilled. Use a slotted spoon to serve with corn

tortilla wedges, poultry, or fish. Yield: 3 cups (about 6 calories per tablespoon).

PROTEIN 0.1 / FAT 0.3 / CARBOHYDRATE 0.7 / CHOLESTEROL 0 / IRON 0.1 / SODIUM 13 / CALCIUM 2

### CURRIED TOMATO-LEEK SOUP

1 cup sliced leek (about 1 medium)  
2 tablespoons water  
6 cups peeled, chopped round red tomato (about 3 pounds)  
1 teaspoon curry powder  
½ teaspoon ground cumin  
¼ teaspoon salt  
⅛ teaspoon pepper  
¼ cup plus 1 tablespoon plain low-fat yogurt

Combine leek and water in a large saucepan; cover and cook over medium-low heat 10 minutes or until tender, stirring occasionally.

Add tomato and next 4 ingredients; stir



well. Cook, covered, over medium-low heat for 20 minutes or until tender. Remove from heat.

Position knife blade in food processor bowl; add 1 cup tomato mixture, and process until smooth. Return tomato puree to saucepan; stir well. Ladle into soup bowls; top with yogurt. Serve warm or chilled. Yield: 5 servings (about 61 calories per 1 cup soup and 1 tablespoon yogurt).

PROTEIN 2.9 / FAT 0.8 / CARBOHYDRATE 12.7 / CHOLESTEROL 1 / IRON 1.5 / SODIUM 148 / CALCIUM 54

## ORZO-VEGETABLE SALAD IN TOMATO TULIPS

- ½ cup uncooked orzo (rice-shaped pasta)
- ½ cup frozen whole kernel corn, thawed
- ½ cup finely chopped carrot
- ½ cup finely chopped celery
- ½ cup diced red bell pepper
- ½ cup peeled, seeded, and diced cucumber
- ½ cup tightly packed fresh parsley sprigs
- ¼ cup plain nonfat yogurt
- ¼ cup reduced-calorie mayonnaise
- 1 green onion, cut into 2-inch pieces
- 1 teaspoon red wine vinegar
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 8 medium unpeeled round red tomatoes (about 4 pounds)
- Celery leaves (optional)

Cook orzo according to package directions, omitting salt and fat; drain. Combine orzo, corn, and next 4 ingredients in a large bowl; toss well.

Position knife blade in food processor bowl; add parsley and next 3 ingredients. Process 15 seconds or until smooth. Add parsley mixture, wine vinegar, salt, and pepper to orzo mixture; stir well. Cover and chill.

Core tomatoes; cut each into 4 wedges, cutting to, but not through, base of tomato. Spread wedges slightly apart, and place on plates. Spoon orzo mixture into tomatoes. Garnish with celery leaves, if desired. Yield: 8 servings (about 121 calories per ½ cup salad with tomato).

PROTEIN 4.3 / FAT 2.7 / CARBOHYDRATE 22.2 / CHOLESTEROL 3 / IRON 1.8 / SODIUM 163 / CALCIUM 45



ORZO-VEGETABLE SALAD IN TOMATO TULIPS

## BRUSCHETTA WITH TOMATOES

- 1 clove garlic, halved
- 1 (1-pound) French bread baguette, cut into 24 (½-inch) slices
- 1 cup diced unpeeled plum tomato
- 2 tablespoons finely chopped purple onion
- 2 teaspoons extra-virgin olive oil
- 24 small fresh basil leaves

Rub garlic on one side of each bread slice. Bake bread at 350° on each side for 10 minutes or until lightly browned.

Combine tomato, onion, and oil in a bowl; stir. Spoon 2 teaspoons onto each bread slice; top with a basil leaf. Yield: 24 appetizers (about 69 calories each).

PROTEIN 2.1 / FAT 1.1 / CARBOHYDRATE 12.7 / CHOLESTEROL 1 / IRON 0.6 / SODIUM 128 / CALCIUM 13

### TOMATO TIPS

Let tomatoes ripen at room temperature (but not in direct sunlight). Chilling a tomato lessens its flavor.

To peel: Submerge tomatoes in a pan of boiling water. Remove pan from heat, and let stand 30 seconds. Remove tomatoes from water, using a slotted spoon; plunge immediately into ice water. Peel.

Slice fresh tomatoes right before serving to retain as much flavor as possible.

## CHERRY TOMATO AND MOZZARELLA SALAD

- 2 cups (½-inch) cubed zucchini
- 1 cup yellow cherry tomatoes, halved
- 1 cup red cherry tomatoes, halved
- 1 cup (½-inch) peeled, cubed cucumber
- ½ cup coarsely chopped celery
- ½ cup coarsely chopped purple onion
- 3 ounces part-skim mozzarella cheese, cut into julienne strips
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon fresh oregano leaves
- 3 tablespoons red wine vinegar
- 1 tablespoon water
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon coarsely ground pepper
- 6 romaine lettuce leaves

Arrange zucchini in a vegetable steamer over boiling water. Cover and steam 2 minutes; drain. Pour cold water over zucchini; drain and let cool.

Combine zucchini and next 9 ingredients in a bowl. Combine vinegar, water, oil, salt, and pepper in a bowl; stir well with a wire whisk. Drizzle over zucchini mixture, tossing gently to coat. Serve on lettuce-lined plates. Yield: 6 servings (about 88 calories per 1-cup serving).

PROTEIN 5.1 / FAT 4.8 / CARBOHYDRATE 7.2 / CHOLESTEROL 8 / IRON 1.1 / SODIUM 183 / CALCIUM 131

## COLD TOMATO-YOGURT SOUP

- 2 green onions, cut into 2-inch pieces
- 2¼ cups peeled, chopped round red tomato (about 1 pound)
- 1 (16-ounce) carton plain low-fat yogurt
- 1 tablespoon sugar
- 1 tablespoon minced fresh basil
- ¼ teaspoon salt
- 2 drops hot sauce

Position knife blade in food processor bowl; drop onions through food chute with processor running, and process until finely chopped. Add remaining ingredients; process until smooth. Cover and chill. Ladle into bowls. Yield: 4 cups (about 105 calories per 1-cup serving).

PROTEIN 7 / FAT 2 / CARBOHYDRATE 16.1 / CHOLESTEROL 7 / IRON 0.8 / SODIUM 235 / CALCIUM 226



# NEW! LOBSTER DELIGHTS TONIGHT!

Introducing the great taste of lobster without the hassle. Make a great Newburg with Lobster Delights tonight — just combine Lobster Delights and packaged Newburg sauce over medium heat for five minutes, stirring occasionally. Serve with rice.

Try Lobster Delights heated right from the package with butter. Or even in a stir fry. So easy, so delicious. For more ideas, call our Recipe Line: 1-800-522-4421 (M-F 9-4 CDT).







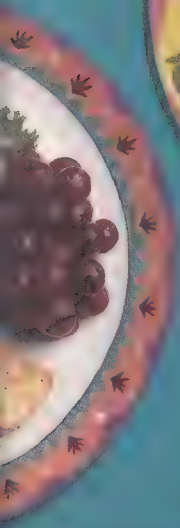
# KELP

## CRAB DELIGHTS TONIGHT!

Enjoy the delicious taste of crab in fresh, cool ways. Try Crab Delights in pasta salad. Make a new kind of stuffed tomato, filling cut tomatoes with a mixture of spinach dip, sliced almonds and flaked Crab Delights. Or toss them on a crisp bed of greens. Crab Delights and Lobster Delights—surimi seafoods you'll find in the refrigerated meat case. You'll also find them delicious.



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## SLUMP, GRUNT, PANDOWDY...THE FUNNY NAMES MAY SOUND STRANGE

**B**erries, cherries, peaches, and pears are at their peak of sweetness now. Take a page from the past and meld them into traditional, mouth-watering desserts.

The quaint names of some of these classics will start conversations. Do you know the difference between a slump and a crumble? What's a pandowdy? And just how did a lovely dish like the one shown at right come to be called a grunt?

In many cases there are several names for the same dessert. The name varies by the area of the country, which probably has something to do with the nationality of the region's settlers. For instance, a crisp—a baked dessert with layers of sugared and spiced fruit and buttered (or toasted) breadcrumbs—can be called a brown Betty or a crumble in New England, Pennsylvania, or the Midwest. But in the Pacific Northwest, the same dessert is known as a buckle.

A slump is fruit cooked in a pot on the stove with dumplings steamed on top. The name probably came from the fact that the dish "slumps" on the plate. Louisa May Alcott, author of *Little Women*, named her Massachusetts home "Apple Slump." A grunt is like a slump, but apparently it's mostly made with berries or a mixture of berries simmering in a skillet or saucepan with dumplings steamed on top. In Colonial times, the pudding was cooked in a kettle hung on a crane over an open fire. As the fruit cooked, it bubbled up and made gurgling or grunting noises.

Cobblers are basically deep-dish pies with a biscuit-type topping. They are baked rather than cooked on the stove. Early American cobblers were moistened with syrup partway through baking.

There are many versions of fruit dumplings. Czech settlers brought over their classic plum dumpling, made of dough wrapped around fresh plums and simmered. Fruit dumplings also might be



BLUEBERRY GRUNT

steamed. Peach Dumplings With Vanilla Sauce is a baked version encased in a flaky pastry.

Pandowdy is fruit baked in a pan and topped with a crust. When the crust is lightly browned, it is cut up and pressed into the fruit and juices. This process is called "dowdying."

### BLUEBERRY GRUNT

- ¾ cup all-purpose flour
- ¼ cup plus 2 tablespoons sugar, divided
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 3 tablespoons margarine, cut into small pieces and chilled
- 3 tablespoons skim milk
- 3 cups fresh blueberries
- ⅛ teaspoon salt
- ⅛ teaspoon grated lemon rind
- Dash of ground cinnamon
- 1½ cups water
- 1 tablespoon lemon juice

Combine flour, 2 tablespoons sugar, baking powder, and ¼ teaspoon salt in a bowl; cut in margarine with a pastry blender until mixture resembles coarse

meal and is pale yellow (about 3½ minutes). Sprinkle milk, 1 tablespoon at a time, over surface; toss with a fork until dry ingredients are moistened. (Dough will be sticky.) Set aside.

Combine remaining ¼ cup sugar, blueberries, and next 5 ingredients in a large Dutch oven; stir well, and bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Drop dough by tablespoonfuls onto blueberries; cook 10 minutes. Cover and cook an additional 10 minutes. (Do not uncover during cooking time.) Serve warm. Yield: 9 servings (about 137 calories per ½-cup serving).

PROTEIN 1.7 / FAT 4.1 / CARBOHYDRATE 24.3 / CHOLESTEROL 0 / IRON 0.4 / SODIUM 182 / CALCIUM 34

### PEAR PANDOWDY

- 4 cups peeled, sliced fresh pears (about 1¾ pounds)
- 1 tablespoon lemon juice
- Vegetable cooking spray
- 1 cup pear nectar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ cup margarine, cut into small pieces and chilled
- 3 tablespoons ice water
- 2 teaspoons skim milk
- 2 teaspoons sugar
- ½ cup vanilla nonfat frozen yogurt

Combine sliced pears and lemon juice in a bowl; toss well. Place pears in an 8-inch square baking dish coated with cooking spray. Top with pear nectar, cinnamon, and nutmeg.

Combine flour and salt in a large bowl; cut in margarine with a pastry blender until mixture resembles coarse meal and is pale yellow (about 3½ minutes). Sprinkle ice water, 1 tablespoon at a time, over surface; toss with a fork until dry ingredients are moistened and mixture is crumbly. (Do not form a ball.)

# OLD-FASHIONED



BUT THESE CLASSICS REMAIN TIMELESS. BY BEATRICE OJAKANGAS



PHOTOGRAPH BY HOWARD I. PICKETT; STYLING, CINDY MANNING

PEAR PANDOWDY

# FRUIT DESSERTS



THE QUAIN NAME MAY VARY ACCORDING TO REGION. FOR EXAMPLE



CHERRY COBBLER

Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap, and chill 15 minutes. Roll dough, still covered, to an 8-inch square. Place in freezer 5 minutes or until wrap can be easily removed.

Place dough on top of pears. Cut slits in top to allow steam to escape. Brush dough with milk; sprinkle with sugar.

Bake at 400° for 35 minutes; remove from oven. Score pastry into 1-inch squares, using a sharp knife; gently press pastry into pear mixture with a spatula, allowing juices to moisten top of pastry.

Bake an additional 20 minutes or until lightly browned and bubbly. Serve warm, topped with frozen yogurt. Yield: 8 servings (about 200 calories per ½-cup serving and 1 tablespoon yogurt).

PROTEIN 2.9 / FAT 6.4 / CARBOHYDRATE 34.4 / CHOLESTEROL 0 / IRON 0.8 / SODIUM 150 / CALCIUM 38

## PEACH DUMPLINGS WITH VANILLA SAUCE

1¼ cups plus 2 tablespoons sifted cake flour

¼ teaspoon salt

¼ cup margarine, cut into small pieces and chilled

1 tablespoon ice water

1 teaspoon lemon juice

1 egg white, slightly beaten

¼ cup firmly packed brown sugar

⅛ teaspoon ground cinnamon

1 teaspoon margarine, softened  
4 small fresh peaches, peeled and quartered (about 1 pound)

Vegetable cooking spray

1 teaspoon sugar

Vanilla Sauce

Combine flour and salt in a bowl; cut in ¼ cup margarine with a pastry blender

until mixture resembles coarse meal and is pale yellow (about 3½ minutes). Combine ice water, lemon juice, and egg white; sprinkle over surface, tossing with a fork until dry ingredients are moistened. Divide dough in half, shaping each into a ball; wrap each in heavy-duty plastic wrap, and chill 30 minutes.

Combine brown sugar and cinnamon in a bowl; cut in 1 teaspoon margarine with a pastry blender until mixture resembles coarse meal, and set aside.

Gently press 1 dough portion into a 4-inch square on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, to an 8-inch square; freeze for 30 minutes. Remove plastic wrap; cut dough into 4 (4-inch) squares. Repeat procedure with remaining dough.

Place 1 peach quarter in center of 1 pastry square; top with 1 teaspoon brown sugar mixture, another peach quarter, and another teaspoon brown sugar mixture. Repeat procedure with remaining ingredients.

Moisten edges of pastry squares with water; bring corners to center, pinching edges to seal. Place dumplings on a 15- x 10- x 1-inch jellyroll pan lined with aluminum foil and coated with cooking spray. Sprinkle with sugar. Bake at 400° for 35 minutes or until golden. Serve warm with Vanilla Sauce. Yield: 8 servings (about 198 calories per dumpling and 2 tablespoons sauce).

PROTEIN 3.4 / FAT 7.2 / CARBOHYDRATE 30.2 / CHOLESTEROL 35 / IRON 0.5 / SODIUM 171 / CALCIUM 56

## Vanilla Sauce:

1½ tablespoons sugar

1½ teaspoons cornstarch

1 cup skim milk

1 egg yolk

1½ teaspoons vanilla extract

Combine sugar and cornstarch in a saucepan; gradually stir in milk and egg yolk. Bring to a boil over medium-low heat; stir constantly with a wire whisk. Cook 1 minute or until thickened, stirring constantly. Remove from heat. Stir in vanilla; let cool. Yield: 1 cup (about 16 calories per tablespoon).

PROTEIN 0.7 / FAT 0.4 / CARBOHYDRATE 2.3 / CHOLESTEROL 17 / IRON 0.1 / SODIUM 8 / CALCIUM 20



## CHERRY COBBLER

- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- 8 cups pitted fresh sweet cherries (about 3 pounds)
- 3 tablespoons plus 1 teaspoon sugar
- ¼ cup plus 2 tablespoons water
- ¼ teaspoon ground cinnamon
- ¼ teaspoon almond extract
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ cup margarine, cut into small pieces and chilled
- 3 tablespoons plus 1 teaspoon ice water
- Fresh sweet cherry with stem (optional)

Combine cornstarch and lemon juice in a large Dutch oven; stir well. Add cherries, 3 tablespoons sugar, water, and cinnamon; stir gently. Bring to a boil over medium heat; cook 1 minute or until thickened.

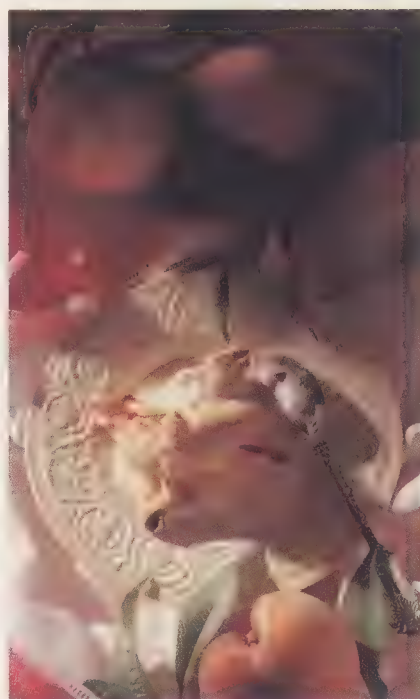
Remove from heat, and stir in ¼ teaspoon almond extract. Spoon cherry mixture into an 8-inch square baking dish; set aside.

Combine flour, salt, and nutmeg in a bowl; cut in margarine with a pastry blender until mixture resembles coarse meal and is pale yellow (about 3½ minutes). Sprinkle ice water, 1 tablespoon at a time, over surface; toss with a fork until dry ingredients are moistened. Shape into a ball; wrap in heavy-duty plastic wrap, and chill 15 minutes.

Gently press mixture into a 4-inch square on heavy-duty plastic wrap; cover with additional heavy-duty plastic wrap. Roll dough, still covered, to an 8- x 9-inch rectangle.

Remove plastic wrap; cut dough into 16 (½-inch) strips. Arrange pastry strips lattice-style over cherry mixture. Sprinkle with remaining 1 teaspoon sugar. Bake at 425° for 25 minutes or until filling is bubbly and pastry is golden. Garnish with a fresh cherry, if desired. Serve warm. Yield: 10 servings (about 198 calories per ¾-cup serving).

PROTEIN 3 / FAT 5.9 / CARBOHYDRATE 35.7 / CHOLESTEROL 0 / IRON 0.9 / SODIUM 112 / CALCIUM 23



PEACH DUMPLINGS WITH VANILLA SAUCE

## APPLE BROWN BETTY

- 1½ tablespoons margarine
- 1¼ cups fresh whole wheat breadcrumbs
- 3 cups peeled, sliced Granny Smith apple (about 1¼ pounds)
- ⅓ cup firmly packed brown sugar
- ¼ cup frozen unsweetened apple juice concentrate, thawed and undiluted
- 1 teaspoon ground cinnamon
- 1 teaspoon grated lemon rind
- ½ teaspoon ground nutmeg

Heat margarine over medium heat in a medium skillet until margarine melts. Add breadcrumbs; sauté 3 minutes or until lightly browned, and set aside.

Combine apple, brown sugar, and next 4 ingredients in a bowl; toss well. Arrange half of apple mixture in a 1-quart baking dish; top with half of breadcrumb mixture. Top with remaining apple mixture and breadcrumb mixture. Bake at 375° for 30 minutes or until apples are tender. Serve warm. Yield: 6 servings (about 180 calories per serving).

PROTEIN 1.6 / FAT 4.3 / CARBOHYDRATE 30.4 / CHOLESTEROL 0 / IRON 1 / SODIUM 114 / CALCIUM 36

## APPLE SLUMP WITH NUTMEG SAUCE

- ¾ cup plus 1 tablespoon all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon margarine, melted
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- ⅓ cup nonfat buttermilk
- 4 cups peeled, thinly sliced cooking apple (about 1 pound)
- ¼ cup water
- ¼ cup frozen apple juice concentrate, thawed and undiluted
- ½ teaspoon ground cinnamon
- Nutmeg Sauce

Combine first 6 ingredients in a bowl, and stir well. Add nonfat buttermilk; stir just until dry ingredients are moistened, and set mixture aside.

Combine apple and next 3 ingredients in a large Dutch oven. Cover and cook over medium heat 5 minutes. Drop dough by tablespoonfuls onto apple mixture. Cover, reduce heat, and simmer 30 minutes. (Do not uncover Dutch oven during cooking time.)

Serve warm with Nutmeg Sauce. Yield: 8 servings (about 155 calories per ½-cup serving and 2 tablespoons sauce).

PROTEIN 2.1 / FAT 2.5 / CARBOHYDRATE 31.7 / CHOLESTEROL 0 / IRON 0.8 / SODIUM 140 / CALCIUM 48

### Nutmeg Sauce:

- 1 tablespoon all-purpose flour
- 1 tablespoon brown sugar
- 1 cup unsweetened apple juice
- 1 teaspoon margarine
- ¼ teaspoon ground nutmeg
- Dash of salt

Combine flour and brown sugar in a saucepan; stir well. Gradually add apple juice, stirring well; bring to a boil over medium heat. Add margarine, and cook 5 minutes. Remove from heat. Add nutmeg and salt; stir with a wire whisk until well blended. Yield: 1 cup (about 14 calories per tablespoon).

PROTEIN 0.1 / FAT 0.3 / CARBOHYDRATE 2.8 / CHOLESTEROL 0 / IRON 0.1 / SODIUM 13 / CALCIUM 2

*Beatrice Ojakangas is the author of The Scandinavian Baking Book.*



# SPLASHY COCKTAIL PARTY

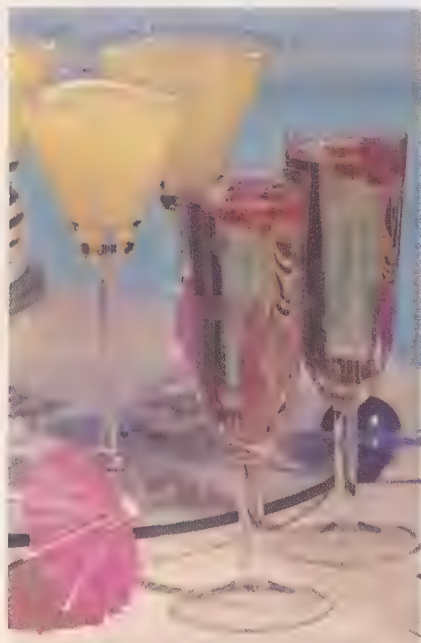
By Kathleen Stang

**I**t is late afternoon and a soft breeze is picking up. Time to take a relaxing shower, slip into something silky, and greet your guests for drinks and appetizers by the pool.

How can you be so organized? Follow our make-ahead plan, and you'll be ready to enjoy your own cocktail party.

Summer entertaining is most successful when you can induce a feeling of freshness in spite of the heat and humidity. Set up the buffet table near a pool, pond, or lake; just the sight of water creates a cooling effect.

This cocktail buffet offers an assortment of tasty little bites and thirst quenching beverages. The bonus is that everything is "summer light," which will really make a splash with your guests.



## TART CITRUS FIZZ

- 2 cups fresh mint leaves, crushed
- 5 cups unsweetened orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- ½ cup frozen lemonade concentrate, thawed and undiluted
- 1 (33.8-ounce) bottle club soda, chilled
- Thin lemon slices (optional)

Combine first 4 ingredients in a large pitcher; chill 2 hours. Strain mixture through dampened cheesecloth; return juice to pitcher, and chill. To serve, add lemonade concentrate and club soda; stir well. Pour into glasses; garnish with lemon slices, if desired. Yield: 9 cups (about 70 calories per ¾-cup serving).

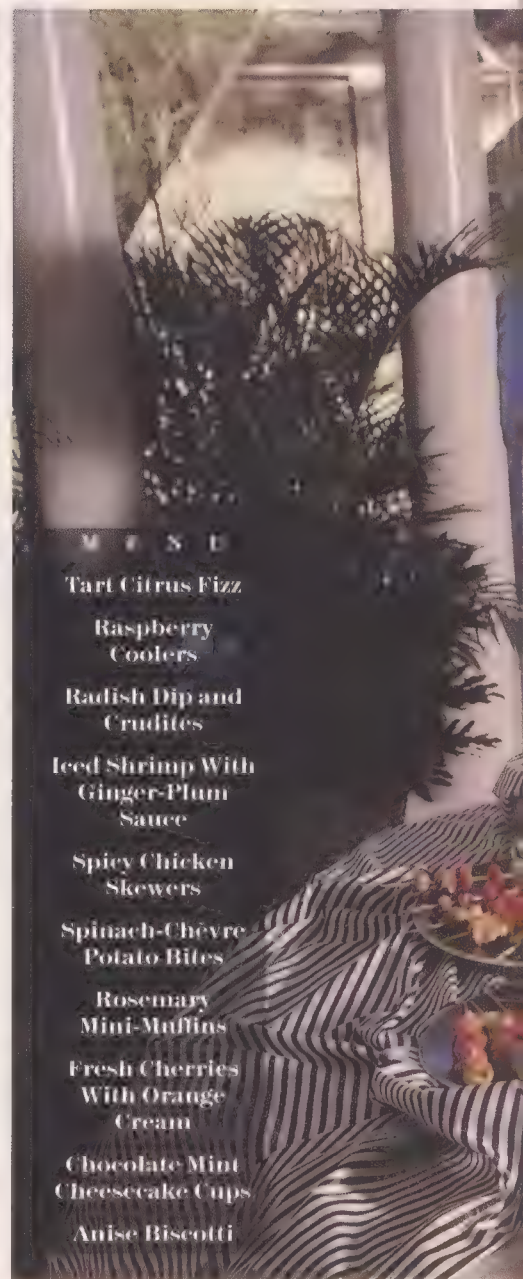
PROTEIN 0.8 / FAT 0.1 / CARBOHYDRATE 17.2 / CHOLESTEROL 0 / IRON 0.2 / SODIUM 18 / CALCIUM 14

## RASPBERRY COOLERS

- 3 tablespoons sugar
- 2 tablespoons raspberry white wine vinegar
- 2¾ cups sparkling water, chilled
- 1 (25.4-ounce) bottle Johannisberg Riesling or other sweet white wine, chilled
- 24 fresh raspberries

Combine sugar and vinegar in a small bowl; stir until sugar dissolves. Combine sugar mixture, water, and wine in a large pitcher; stir gently. Pour ¾ cup into each of 8 wine glasses, and garnish with 3 fresh raspberries. Yield: 1½ quarts (about 80 calories per serving).

PROTEIN 0.1 / FAT 0 / CARBOHYDRATE 5.7 / CHOLESTEROL 0 / IRON 0.5 / SODIUM 5 / CALCIUM 20



### Tart Citrus Fizz

Raspberry Coolers

Radish Dip and Crudites

Iced Shrimp With Ginger-Plum Sauce

Spicy Chicken Skewers

Spinach-Chevre Potato Bites

Rosemary Mini-Muffins

Fresh Cherries With Orange Cream

Chocolate Mint Cheesecake Cups

Anise Biscotti

## RADISH DIP

- 1 cup plain low-fat yogurt
- 1 cup halved radishes
- 3 tablespoons reduced-calorie mayonnaise
- ¼ teaspoon hot sauce
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 sliced radish (optional)

Spoon plain low-fat yogurt onto several layers of heavy-duty paper towels; spread to ½-inch thickness. Cover with additional paper towels, and let stand 5 minutes. Scrape into a small bowl, using a rubber

PHOTOGRAPHY: HOWARD L. PUCKETT / STYLING: CINDY MANNING





spatula, and set aside.

Position knife blade in food processor bowl; add radishes, and pulse 5 times or until coarsely chopped. Add mayonnaise and next 3 ingredients, and pulse 5 times or until combined. Add to yogurt; stir well. Cover and chill. Garnish with sliced radish, if desired.

Serve with assorted vegetables, such as steamed asparagus, steamed green beans, carrot strips, sliced yellow squash, and sliced radishes. Yield: 1¼ cups (about 14 calories per tablespoon).

PROTEIN 0.7 / FAT 0.8 / CARBOHYDRATE 1.2 / CHOLESTEROL 1 / IRON 0 / SODIUM 41 / CALCIUM 22

### ICED SHRIMP WITH GINGER-PLUM SAUCE

- 1½ quarts water
- 8 (1-inch) slices peeled gingerroot
- 1 teaspoon mustard seeds
- 1 teaspoon crushed red pepper
- 32 medium-size fresh shrimp, unpeeled (about 1 pound)
- 1⅓ cups chopped fresh plums (about ½ pound)
- 2 tablespoons Chablis or other dry white wine
- 1 tablespoon plus 1 teaspoon frozen orange juice concentrate, thawed and undiluted

- 2½ teaspoons low-sodium soy sauce
- 1 teaspoon peeled, grated gingerroot

Bring water to a boil in a Dutch oven. Add next 3 ingredients; boil 2 minutes. Add shrimp, and cook 3 to 4 minutes. (Do not boil.) Drain; rinse under cold, running water. Chill. Peel and devein shrimp, leaving tails intact. Cover and chill.

Combine chopped plums and next 4 ingredients in a small saucepan. Bring to a boil; cover, reduce heat, and simmer about 10 minutes or until plums are tender. Spoon mixture into container of an electric blender; cover and process until smooth. Spoon into a bowl; cover and



## TIME TABLE

### One Week Ahead

- Bake Anise Biscotti; store in airtight container.
- Bake Rosemary Mini-Muffins; cool completely and freeze.



ICED SHRIMP WITH  
GINGER-PLUM SAUCE

### One Day Ahead

- Prepare Chocolate Mint Cheesecake Cups.
- Prepare Iced Shrimp With Ginger-Plum Sauce.
- Prepare Fresh Cherries With Orange Cream.
- Steep mint for Tart Citrus Fizz.

### On Day of Party

- Prepare Radish Dip and crudités.
- Prepare Spinach-Chèvre Potato Bites.
- Marinate chicken for Spicy Chicken Skewers.

### One Hour Before Party

- Reheat Rosemary Mini-Muffins.
- Cook Spicy Chicken Skewers.
- Complete Tart Citrus Fizz.
- Prepare Raspberry Coolers.



RADISH DIP AND CRUDITES

chill. To serve, arrange chilled shrimp on a bed of shaved ice. Serve with sauce. Yield: 16 appetizers (about 33 calories per 2 shrimp and 1 tablespoon sauce).

PROTEIN 4.7 / FAT 0.3 / CARBOHYDRATE 2.8 / CHOLESTEROL 41 / IRON 0.7 / SODIUM 79 / CALCIUM 10

## SPICY CHICKEN SKEWERS

- Vegetable cooking spray
- ¼ cup minced onion
- ½ teaspoon crushed red pepper
- 2 tablespoons brown sugar
- ½ teaspoon coarsely ground black pepper
- 3 tablespoons white wine vinegar
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons dry sherry
- 1 pound boned, skinned chicken breasts
- 2 small red bell peppers, each cut into 16 (1-inch) pieces
- 2 teaspoons sesame seeds, divided

Coat a small skillet with vegetable cooking spray; place over medium heat until hot. Add minced onion and crushed red pepper; sauté 3 minutes or until tender. Remove from heat. Stir in brown sugar, black pepper, white wine vinegar, soy sauce, and sherry. Set aside.

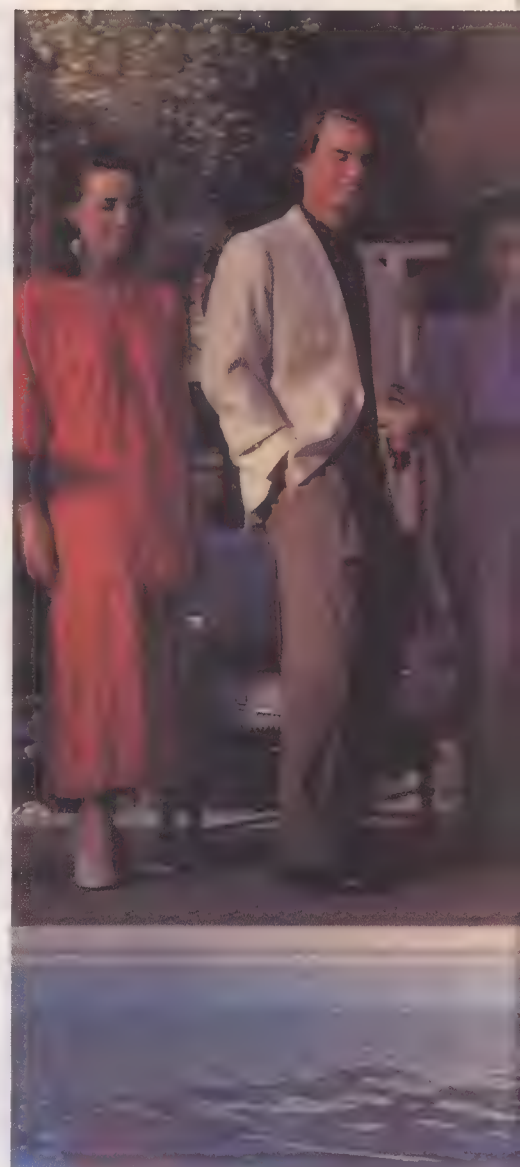
Place each piece of chicken between 2 sheets of heavy-duty plastic wrap. Flatten to about ¼-inch thickness, using a meat mallet or rolling pin. Cut chicken into 64 (1-inch) pieces; place in a bowl. Add onion mixture; toss well. Cover and marinate in refrigerator 3 hours, stirring occasionally.

Drain chicken, reserving marinade. Thread 4 chicken pieces and 2 bell pepper pieces onto each of 16 (8-inch) wooden skewers.

Place 8 skewers on a rack of a broiler pan coated with cooking spray; place rack on a broiler pan. Brush with reserved marinade, and sprinkle evenly with ½ teaspoon sesame seeds. Broil 3 to 4 inches from heat 2 minutes.

Turn skewers, brush with marinade, and sprinkle evenly with ½ teaspoon sesame seeds. Broil an additional 2 minutes or until chicken is done. Repeat procedure with remaining ingredients. Serve warm. Yield: 16 appetizers (about 50 calories per skewer).

PROTEIN 6.9 / FAT 1.3 / CARBOHYDRATE 2.3 / CHOLESTEROL 18 / IRON 0.5 / SODIUM 130 / CALCIUM 10



## SPINACH-CHEVRE POTATO BITES

- 12 small round red potatoes (about 1 pound)
- ½ (10-ounce) package frozen chopped spinach, thawed and drained

- Vegetable cooking spray
- 1 tablespoon finely chopped onion
- 1 clove garlic, minced
- ⅛ teaspoon pepper
- 2 drops hot pepper sauce
- 1 teaspoon lemon juice
- 2 ounces chèvre (mild fresh goat cheese)
- 1 tablespoon skim milk

Cook potatoes in boiling water to cover 20 minutes or until tender; drain.





Place thawed spinach on paper towels, and squeeze until barely moist. Set aside.

Coat a medium skillet with cooking spray; place over medium heat until hot. Add onion and garlic; sauté 2 minutes or until tender. Stir in spinach, pepper, and hot pepper sauce; sauté 2 minutes. Stir in lemon juice; remove from heat. Add cheese; stir until melted; set aside.

Cut potatoes in half. Scoop out a small portion of each potato half with a melon baller, leaving a 1/4-inch shell. Mash potato pulp with a fork; add milk, stirring well. Add to spinach mixture; stir well. Spoon 1 tablespoon into each potato shell. Cover and chill. Yield: 24 appetizers (about 23 calories each).

PROTEIN 1 / FAT 0.6 / CARBOHYDRATE 3.6 / CHOLESTEROL 2 /  
IRON 0.4 / SODIUM 33 / CALCIUM 22



SPICY CHICKEN SKEWERS





### ROSEMARY MINI-MUFFINS

- 1½ cups all-purpose flour
- ½ cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup finely chopped onion
- 1½ teaspoons dried whole rosemary
- 1 cup skim milk
- 2 tablespoons olive oil
- 1 egg, beaten
- 2 tablespoons honey
- Vegetable cooking spray
- 2 tablespoons pine nuts

Combine first 4 ingredients in a large bowl; stir well. Add onion and rosemary; stir well. Make a well in center of mixture. Combine milk, oil, egg, and honey; stir. Add to dry ingredients; stir just until dry ingredients are moistened.

Spoon batter into miniature muffin pans coated with cooking spray, filling two-thirds full. Top with pine nuts. Bake at 350° for 23 minutes. Remove from pans immediately. Yield: 2 dozen (about 70 calories each).

PROTEIN 2 / FAT 2.3 / CARBOHYDRATE 10.7 / CHOLESTEROL 9 / IRON 0.4 / SODIUM 83 / CALCIUM 34

### FRESH CHERRIES WITH ORANGE CREAM

- 2 (6-ounce) cartons custard-style vanilla yogurt
- 1 tablespoon plus 1 teaspoon frozen orange juice concentrate, thawed and undiluted
- 2 teaspoons Triple Sec or other orange-flavored liqueur

- 1 teaspoon grated orange rind
- 3 pounds fresh sweet cherries with stems

Combine vanilla yogurt, orange juice concentrate, liqueur, and grated orange rind in a small bowl; stir well. Cover and chill. Serve with fresh cherries. Yield: 20 appetizers (about 71 calories per ¼ cup cherries and 1 tablespoon sauce).

PROTEIN 1.6 / FAT 0.6 / CARBOHYDRATE 15 / CHOLESTEROL 4 / IRON 0.3 / SODIUM 11 / CALCIUM 7

### CHOCOLATE MINT CHEESECAKE CUPS

- ¾ cup light process cream cheese product
- ½ cup sugar
- ½ cup 1% low-fat cottage cheese
- 2 tablespoons all-purpose flour
- 3 tablespoons unsweetened cocoa
- 3 tablespoons crème de menthe
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt
- 1 egg
- 1 tablespoon semisweet chocolate mini-morsels

Place first 9 ingredients in container of an electric blender; cover and process until smooth.

Spoon batter evenly into 24 paper-lined miniature muffin pans. Top each with 4 to 5 chocolate mini-morsels. Bake at 300° for 18 minutes. Let cool in pans on a wire rack. Cover and chill at least 2 hours. Yield: 2 dozen (about 49 calories each).

PROTEIN 1.8 / FAT 1.7 / CARBOHYDRATE 6.7 / CHOLESTEROL 13 / IRON 0.2 / SODIUM 74 / CALCIUM 15

### ANISE BISCOTTI

- ½ cup sugar
- 3 tablespoons vegetable oil
- 1 egg
- 1 egg white
- 1½ teaspoons grated orange rind
- 1 teaspoon vanilla extract
- 1¾ to 2 cups all-purpose flour
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 2 teaspoons anise seeds
- Vegetable cooking spray

Combine first 6 ingredients in a large bowl; beat at medium speed of an electric mixer until well blended. Combine 1¾ cups flour and next 3 ingredients; add to egg mixture, beating well. Stir in enough of remaining flour to make a soft dough.

Turn dough out onto a lightly floured surface; divide dough in half. Shape into 2 12-inch rolls; place on a cookie sheet coated with cooking spray, and flatten rolls to ½-inch thickness.

Bake at 325° for 25 minutes. Transfer to a wire rack; let cool. Slice each roll diagonally into 20 (½-inch-thick) slices. Place, cut sides down, on cookie sheets. Bake at 300° for 15 minutes; turn cookies over, and bake an additional 15 minutes or until dry. Cool on wire racks. Yield: 40 cookies (about 44 calories each).

PROTEIN 0.9 / FAT 1.3 / CARBOHYDRATE 7.2 / CHOLESTEROL 5 / IRON 0.2 / SODIUM 23 / CALCIUM 6

*Kathleen Stang is a foods writer who lives in Seattle, Washington.*



CHOCOLATE MINT CHEESECAKE CUPS, ANISE BISCOTTI, AND FRESH CHERRIES WITH ORANGE CREAM





# When Did You Last Use Your Imagination While Cooking Turkey?

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## Turkey Sautéed With Pears & Pecans

1 pkg. (about 1 lb.)

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Fresh Turkey Breast Slices

1 to 2 tbsp. olive oil

2 cloves garlic, finely chopped

1 tsp. cracked pink or  
black peppercorns

½ tsp. salt (optional)

⅓ c. apple juice

2 tbsp. whipping cream

2 pears or apples, sliced ¼ inch thick

¼ to ½ c. pecan halves, toasted

Heat oil in 12-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place turkey breast slices and garlic in skillet. Cook about 1½ to 2 minutes on each side or until turkey breast slices are lightly browned. Sprinkle with peppercorns and salt. Pour in apple juice and cream over slices. Add pears. Cover; cook 1 to 2 minutes longer or until pears are heated. Sprinkle with toasted pecans. If desired, serve on a bed of hot fluffy rice. 4 servings.

Nutrition Information Per Serving  
(1/4 of recipe)—Calories 285, Protein  
27 g, Carbohydrate 12 g, Fat 15 g,  
Cholesterol 81 mg, Sodium 315 mg.



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## FAST FOOD

*Try some unexpected combinations to give this convenient canned fish some flair. By DeAnne Hrabak*

### Enticing Tuna Salads

**L**ight but flavorful, simple canned tuna is a food that fits summertime. It's a convenient, fairly inexpensive base for a meal; even better, it can work into an unexpected variety of dishes that are ready in less than a half hour. Two of these offerings are tossed, and little cooking is involved with the others. That keeps you away from a hot stove—and allows more time to enjoy the season.

Mixed with some surprising ingredients, tuna makes much more than a common, everyday meal. For example, Salad Niçoise is a popular item on many cafés' summer menus. Spinach salad takes on a Far Eastern taste with juicy mandarin oranges, crunchy bean sprouts, and a sweet splash of soy and ginger dressing in Oriental Spinach Salad With Tuna. Greek-Style Tuna Salad is tossed with orzo, a rice-shaped pasta. Pungent with garlic, herbs, feta cheese, and olives, it has a strong, appetite-satisfying flavor.

For one of the quickest recipes, try versatile Tuna Salad Stuffed Tomatoes. Not only is this classic recipe a summer favorite; the tuna mixture can be used in sandwiches as well.

#### TUNA SALAD STUFFED TOMATOES

*Preparation time: 10 minutes*

- 2 (6½-ounce) cans chunk light tuna in water, drained
- ¼ cup minced celery
- ¼ cup plain nonfat yogurt
- ¼ cup reduced-calorie mayonnaise
- 1 tablespoon minced fresh onion
- ½ teaspoon dried whole dillweed
- 4 large tomatoes (about 2 pounds)
- Paprika (optional)

Combine first 6 ingredients in a bowl; toss well. With stem end down, cut each



SALAD NIÇOISE

tomato into 6 wedges, cutting to, but not through, stem of tomato. Spread wedges slightly apart. Spoon ½ cup tuna mixture into each tomato. Sprinkle with paprika, if desired. Yield: 4 servings (about 178 calories per stuffed tomato).

PROTEIN 19.9 / FAT 6 / CARBOHYDRATE 11.8 / CHOLESTEROL 32 / IRON 1.5 / SODIUM 396 / CALCIUM 49

#### SALAD NIÇOISE

*Preparation time: 12 minutes*

*Cooking time: 15 minutes*

- 1 pound fresh small green beans
- 2 cups sliced unpeeled round red potato (about 4 medium)
- 2 medium tomatoes, each cut into 8 wedges

- 2 (6½-ounce) cans albacore tuna in water, drained
- 5 leaf lettuce leaves
- ½ cup water
- 1 tablespoon fresh lemon juice
- 1 teaspoon cornstarch
- 2 teaspoons Dijon mustard
- ½ teaspoon dried whole basil
- ⅛ teaspoon pepper
- 1½ tablespoons olive oil

Trim ends and remove strings from beans. Cook beans in a small amount of boiling water 5 minutes or until crisp-tender. Drain. Plunge beans into ice water to cool; drain again and set aside.

Cook potato in boiling water 7 minutes or until tender. Drain; plunge potato into ice water to cool. Drain again.





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## FAST FOOD

Arrange beans, potato, tomato, and tuna on a lettuce-lined platter; set aside.

Combine water and next 5 ingredients in a saucepan; stir well. Bring to a boil over medium heat, stirring constantly. Cook 1 minute; remove from heat. Add oil; stir with a wire whisk until blended. Let cool. Drizzle over vegetables. Yield: 4 servings (about 248 calories per serving).

PROTEIN 21.7 / FAT 7.2 / CARBOHYDRATE 25.8 / CHOLESTEROL 27 / IRON 3.1 / SODIUM 345 / CALCIUM 65

### GREEK-STYLE TUNA SALAD

*Preparation time: 13 minutes*

*Cooking time: 7 minutes*

- ¾ cup plus 3 tablespoons orzo (rice-shaped pasta), uncooked
- 2 cups chopped unpeeled plum tomato (about ¾ pound)
- ½ cup (2 ounces) crumbled feta cheese
- ¼ cup chopped purple onion
- 2 tablespoons sliced ripe olives

### NAME THAT TUNA

Most of us give little thought to buying canned tuna. But there are several varieties on the grocery shelf—tuna packed in water or oil, packed in distilled water, chunk or solid pack, light tuna or white albacore tuna.

Tuna packed in water rather than oil nets you a 60% savings in calories; that is, 60 calories versus 150 calories per 2-ounce serving (about ¼ cup).

Amounts of sodium also vary. Selecting

tuna that is packed in distilled water or labeled 60%-less-salt can reduce sodium from 310 milligrams to between 30 and 120 milligrams per 2-ounce serving. That's an important fact if you need to watch sodium intake.

White albacore tuna has a milder taste and lighter color than light tuna, and may be the preferred choice for delicately flavored dishes. Chunk light tuna goes great with robust accompaniments.

- 1 (6½-ounce) can chunk light tuna in water, drained
- ½ cup red wine vinegar
- 2 tablespoons water
- 2 tablespoons olive oil
- ½ teaspoon dried whole basil
- ½ teaspoon dried whole oregano
- 1 clove garlic, minced

Cook orzo according to package directions, omitting salt and fat. Combine orzo, chopped tomato, feta cheese, onion,

olives, and drained tuna in a large bowl; toss well.

Combine vinegar and next 5 ingredients in container of an electric blender; cover and process until blended.

Pour dressing over pasta mixture, and toss well. Cover and chill, if desired. Yield: 6 servings (about 228 calories per 1-cup serving).

PROTEIN 11.5 / FAT 7.9 / CARBOHYDRATE 27.1 / CHOLESTEROL 17 / IRON 1.6 / SODIUM 220 / CALCIUM 68

# SOUP YOU'LL





## ORIENTAL SPINACH SALAD WITH TUNA

*Preparation time: 15 minutes*

- 8 cups loosely packed fresh spinach leaves (about ½ pound)
- 2 cups presliced fresh mushrooms
- 1 cup fresh bean sprouts
- ½ cup sliced purple onion
- 2 (6½-ounce) cans albacore tuna in water, drained
- 1 (11-ounce) can mandarin oranges, drained
- ¼ cup rice vinegar
- ½ teaspoon brown sugar
- ⅛ teaspoon ground ginger
- 3 tablespoons water
- 1 tablespoon vegetable oil
- 1½ teaspoons frozen orange juice concentrate, thawed and undiluted
- ½ teaspoon dark sesame oil
- ½ teaspoon low-sodium soy sauce
- 1 teaspoon sesame seeds



ORIENTAL SPINACH SALAD WITH TUNA

Combine first 6 ingredients in a large bowl; toss gently.

Combine vinegar and next 7 ingredients in a bowl, stirring with a wire whisk until blended. Pour over spinach mixture; toss well. Sprinkle with sesame seeds.

Yield: 6 servings (about 129 calories per 2-cup serving).

PROTEIN 14.7 / FAT 4.4 / CARBOHYDRATE 9.1 / CHOLESTEROL 18 / IRON 3 / SODIUM 248 / CALCIUM 86 ■

*DeAnne Hrabak, M.S., R.D., is nutrition coordinator for a major food manufacturer.*

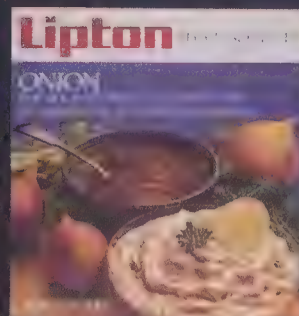
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- 2 pounds ground beef
- ½ cup water

Combine all ingredients; shape into 8 patties. Grill or broil. To microwave, cook 4 patties at a time on HIGH (Full Power) 6 minutes, turning patties once.



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## FOR TWO

*This exquisite entrée dresses up an intimate dinner. By Jane Ingrassia Reinzel*

### Lamb Chops—When Two's Company

**W**hen you want to entertain someone special, the last place you want to be is the kitchen. For an entrée that's fancy yet fast to prepare, lamb chops are a wonderful choice.

Tender lamb comes from sheep that are less than a year old. Despite the popular misnomer "spring lamb," this meat is available year-round.

You can buy chops individually from a butcher or packaged in the grocer's meat case, where loin or rib chops are the most commonly found. Lamb stays fresh in the refrigerator for three to five days.

To prepare lamb chops, trim the visible fat from the outer edges. Properly cooked lamb is juicy and tender. Avoid pairing lamb with heavy sauces that will overpower its delicate flavor. Mint is a classic accompaniment, but other spices and herbs go well with it, too.

Most of the following recipes call for loin chops. To prepare Raspberry-Mint Chops, ask your butcher for French-cut rib chops. These are cut from a trimmed rack of lamb. For Blue Cheese Stuffed Chops, use a thin, sharp knife to cut pockets in loin chops; then fill with a mild blue cheese-mushroom mixture.

#### RASPBERRY-MINT CHOPS

- 3 tablespoons seedless red raspberry jam
- 2 tablespoons lemon juice
- 2 teaspoons minced fresh mint
- 4 (4-ounce) French-cut lean lamb rib chops
- Vegetable cooking spray
- Kiwifruit slices (optional)
- Fresh mint sprigs (optional)
- Fresh raspberries (optional)

Combine first 3 ingredients in a small saucepan; stir well. Bring to a boil over medium heat; reduce heat, and simmer 2½ minutes or until mixture is reduced to ¼ cup. Set aside and keep warm.

Trim fat from chops. Coat a skillet with cooking spray; place over medium heat until hot. Add chops, and cook 4 minutes on each side or to desired degree of doneness. Place on serving plates; spoon 2 tablespoons sauce over each chop. Garnish with kiwifruit slices, mint sprigs, and raspberries, if desired. Yield: 2 servings (about 317 calories per 2 chops and 2 tablespoons sauce).

PROTEIN 30.4 / FAT 11.2 / CARBOHYDRATE 22.4 / CHOLESTEROL 111 / IRON 2.4 / SODIUM 82 / CALCIUM 21

#### LAMB CHOPS MARSALA

- 4 (4-ounce) lean lamb loin chops
- Vegetable cooking spray
- ½ cup water
- ½ cup Marsala wine
- 2 tablespoons tomato paste
- 1 cup sliced fresh mushrooms
- ¼ cup chopped onion

Trim fat from chops. Coat a large skillet with cooking spray; place over medium-high heat until hot. Add chops, and cook 4 minutes on each side or to desired degree of doneness. Remove chops from skillet, and keep warm. Wipe drippings from skillet with a paper towel.

Combine water, wine, and tomato paste in a bowl; stir well with a wire whisk until



RASPBERRY-MINT CHOPS

PHOTOGRAPHY: HOWARD L. PICKETT / STYLING: BOB GAGER





The rotini salad recipe  
 Carol Chu kept secret for years  
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## FOR TWO

mixture is smooth. Add wine mixture and remaining ingredients to skillet; cook over high heat about 2 minutes or until thickened, stirring constantly. Spoon sauce over chops. Yield: 2 servings (about 248 calories per 2 chops and ¼ cup plus 1 tablespoon sauce).

PROTEIN 32.9 / FAT 8.4 / CARBOHYDRATE 8.6 / CHOLESTEROL 111 / IRON 3.3 / SODIUM 95 / CALCIUM 29

### SPICY GRILLED CHOPS

- 4 (4-ounce) lean lamb loin chops
- ½ teaspoon ground ginger
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground red pepper
- ⅛ teaspoon black pepper
- Vegetable cooking spray
- 2 teaspoons plain nonfat yogurt

Trim fat from chops. Combine ginger and next 5 ingredients; stir well. Rub chops with spice mixture. Cover and refrigerate 1 hour.

Coat grill rack with cooking spray; place on grill over medium-hot coals. Place chops on rack, and cook 5 minutes. Turn and cook 3 minutes or to desired degree of doneness. Serve with yogurt. Yield: 2 servings (about 213 calories per 2 chops and 1 teaspoon yogurt).

PROTEIN 31.6 / FAT 8.2 / CARBOHYDRATE 1.1 / CHOLESTEROL 111 / IRON 2.5 / SODIUM 82 / CALCIUM 27

### BREADED MUSTARD CHOPS

- ¼ cup fine, dry breadcrumbs
- 2 tablespoons minced fresh parsley
- ¼ teaspoon dried whole rosemary, crushed
- ⅛ teaspoon pepper
- 4 (4-ounce) lean lamb loin chops
- 2 tablespoons country-style Dijon mustard
- Vegetable cooking spray

Combine first 4 ingredients in a shallow bowl; stir well.

Trim fat from chops. Brush mustard over both sides of chops. Dredge chops in breadcrumb mixture.

Coat a nonstick skillet with cooking spray; place over medium-high heat until hot. Add chops, and cook about 4 minutes on each side or to desired degree of done-



BLUE CHEESE STUFFED CHOPS

ness. Yield: 2 servings (about 259 calories per 2 chops).

PROTEIN 32.3 / FAT 9.5 / CARBOHYDRATE 7.5 / CHOLESTEROL 111 / IRON 2.7 / SODIUM 587 / CALCIUM 27

### BLUE CHEESE STUFFED CHOPS

- Vegetable cooking spray
- ½ cup sliced fresh mushrooms
- 1 tablespoon (¼ ounce) crumbled blue cheese
- 4 (4-ounce) lean lamb loin chops
- ¼ teaspoon cracked black pepper
- Halved fresh mushrooms (optional)
- Fresh parsley sprigs (optional)

Coat a skillet with cooking spray; place over medium-high heat until hot. Add sliced mushrooms; sauté 2 minutes. Remove from heat, and add cheese; stir well.

Trim fat from chops. Cut a horizontal slit through thickest portion of each chop to form a pocket. Stuff 1 tablespoon mushroom mixture into each pocket, and secure opening with wooden picks. Press pepper onto both sides of chops. Place on a broiler rack coated with cooking spray; place rack on a broiler pan.

Broil 5½ inches from heat 4 minutes on each side or to desired degree of

doneness. Garnish with halved mushrooms and parsley, if desired. Yield: 2 servings (about 224 calories per 2 chops).

PROTEIN 32.3 / FAT 9.2 / CARBOHYDRATE 1.1 / CHOLESTEROL 113 / IRON 2.5 / SODIUM 128 / CALCIUM 33

### LAMB WITH PEACHES AND BROCCOLI

- 4 (4-ounce) lean lamb loin chops
- 1 tablespoon lemon juice
- ¼ teaspoon curry powder
- Vegetable cooking spray
- 1 teaspoon vegetable oil
- 1 cup fresh broccoli flowerets
- 1 cup peeled, sliced fresh peaches

Trim fat from chops. Sprinkle chops with juice and curry powder. Coat a skillet with cooking spray; add oil, and place over medium-high heat until hot. Add broccoli; sauté 5 minutes. Add peaches; sauté 2 minutes. Remove from skillet, and keep warm. Cook chops 4 minutes on each side or to desired degree of doneness. Serve with broccoli mixture. Yield: 2 servings (about 278 calories per 2 chops).

PROTEIN 33.1 / FAT 10.6 / CARBOHYDRATE 12.5 / CHOLESTEROL 111 / IRON 2.8 / SODIUM 90 / CALCIUM 39

Jane Ingrassia Reinsel develops recipes for Cooking Light annual cookbooks.



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# MAKE IT LIGHT

*This tasty version of an easy-to-make casserole is ideal for bring-a-dish occasions.*

*By Elizabeth J. Taliaferro*

## COMPARE NUTRIENTS

Before After

**Yield** (servings)

6 6

**Calories** (per serving)

684 296

**Fat**

54.6 g 10.9 g

(72% of total calories) (33% of total calories)

**Cholesterol**

115 mg 70 mg

**Sodium**

1,572 mg 544 mg



## Chicken Divan

Most ministers' wives know the value of a reliable recipe, and Leann Rollins of Westlake, Louisiana, is no exception. Whether she's attending a covered-dish supper at the church or taking food to a new mother's home, her Chicken Divan recipe is a popular choice. "I almost know it by heart," Leann explains. "It is simple to prepare, plus it's perfect for so many situations." That includes dinner for her husband and four children.

There are dozens of variations of Chicken Divan. In addition to chicken and broccoli, Leann's version has canned soup, mayonnaise, and a crunchy topping of herb-seasoned stuffing mix and melted butter. This combination adds up to a high-fat, high-sodium entrée. Our chal-

lenge: make the dish healthy, but keep it quick and easy.

First, we changed the obvious. We used only white meat chicken and reduced-fat Cheddar cheese in the same amounts as the original. Omitting the mayonnaise cut the fat (and sodium) drastically. Instead, we opted for a sauce of skim milk, flour, and canned cream of mushroom soup with one-third less salt.

Another major source of sodium is the commercial stuffing mix Leann uses as the topping. But we achieved the same savory, buttery sensation—with much less sodium—by crushing onion-flavored melba toast rounds and tossing them with melted margarine.

This lighter dish will be yet another way for Leann to show she cares.

## CHICKEN DIVAN

- 2 (10-ounce) packages frozen broccoli spears, thawed
- 3 cups chopped cooked chicken breast (about 1½ pounds boned, skinned chicken breasts)
- ½ cup (2 ounces) shredded reduced-fat sharp Cheddar cheese
- 1¼ cups skim milk
- 1 (10¾-ounce) can one-third-less-salt cream of mushroom soup, undiluted
- 1 teaspoon lemon juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons all-purpose flour
- 3 tablespoons water
- ½ cup finely crushed onion-flavored melba toast rounds (about 19)
- 1 tablespoon margarine, melted
- 3 red bell pepper rings (optional)
- Fresh parsley sprigs (optional)

In a 13- x 9- x 2-inch baking dish, arrange broccoli spears horizontally in 2 rows, with stalks facing each other in center of dish. Spoon chicken on top of stalk ends, and top chicken with cheese; set aside.

Combine milk, cream of mushroom soup, lemon juice, salt, and pepper in a heavy saucepan; stir well. Combine flour and water in a bowl; stir well. Add to soup mixture; stir well. Bring to a boil over medium heat, stirring constantly with a wire whisk. Cook 8 minutes or until thickened and bubbly, stirring constantly; pour evenly over chicken. Combine melba toast crumbs and margarine in a bowl; sprinkle over soup mixture. Garnish with bell pepper rings, if desired.

Cover and bake at 350° for 20 minutes. Uncover and bake an additional 15 minutes or until thoroughly heated. Let stand 10 minutes before serving. Garnish with parsley sprigs, if desired. Yield: 6 servings (about 296 calories per serving).

PROTEIN 30.9 / FAT 10.9 / CARBOHYDRATE 19.9 / CHOLESTEROL 70 / IRON 1.8 / SODIUM 544 / CALCIUM 163 ■

*Elizabeth J. Taliaferro is a freelance recipe developer in Birmingham, Alabama.*

PHOTOGRAPHY: HOWARD J. PICKETT; STYLING: CINDY MANNING





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at twilight.  
And dishes that  
make people's faces  
light up.*

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*Turkey-Vegetable  
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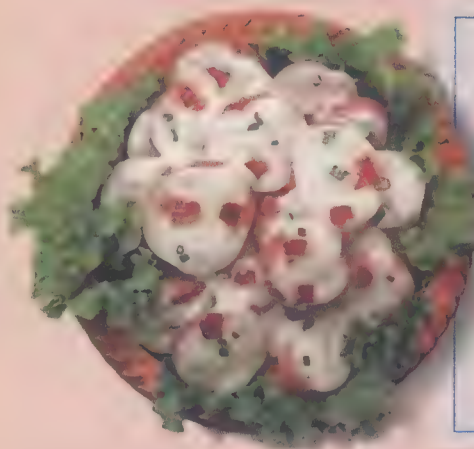
*Crunchy Pea Salad*



*Red Pepper Dip*

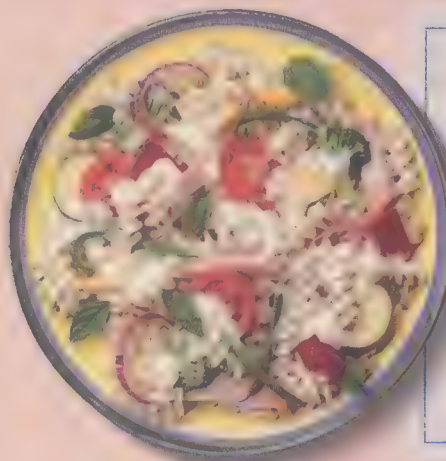
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### HIDDEN VALLEY RANCH QUICK POTATO SALAD

2 pounds small red potatoes, cooked  
 1/2 cup sliced green onions  
 1 cup prepared Hidden Valley  
 Ranch® Original Ranch®  
 salad dressing  
 Paprika or black pepper  
 Chives  
 optional garnish:  
 crisp-cooked, crumbled bacon  
 Cut slightly cooled potatoes into  
 1-inch cubes. In large bowl, combine  
 potatoes, onions and salad dressing;  
 toss gently. Dust with paprika.  
 Garnish with chives. Serve warm  
 or at room temperature.



### HIDDEN VALLEY RANCH TURKEY-VEGETABLE PASTA SALAD

1 pound corkscrew pasta,  
 cooked, drained  
 1 cup turkey, cut into strips  
 4-5 cups assorted cooked or  
 raw vegetables (such as zucchini,  
 bell peppers, onions)  
 1/4 cup Parmesan cheese, grated  
 2 cups prepared Hidden Valley  
 Ranch® Original Ranch®  
 salad dressing  
 Toss all ingredients in a bowl.  
 Chill until ready to serve.



### HIDDEN VALLEY RANCH CRUNCHY PEA SALAD

1 package (10 ounces) frozen  
 baby peas, thawed  
 1 cup diced celery  
 1 cup chopped cauliflower  
 1/4 cup diced green onion  
 1 cup chopped cashews  
 1/2 cup sour cream  
 1 cup prepared Hidden Valley  
 Ranch® Original Ranch®  
 salad dressing  
 optional garnish:  
 crisp-cooked, crumbled bacon  
 Combine all ingredients. Chill.  
 Garnish just before serving.



### HIDDEN VALLEY RANCH RED PEPPER DIP

2 cups sour cream  
 1 envelope (1.0 ounce)  
 Hidden Valley Ranch®  
 Original Ranch®  
 salad dressing mix  
 1/2 cup diced, bottled pimentos or  
 red peppers, drained  
 Combine all ingredients in a bowl.  
 Mix well. Best if chilled overnight.  
 Garnish with chives.  
 Serve with raw vegetables.



*The recipe for  
 a perfect summer  
 evening.*

Gather family and friends  
 around a savory, home-cooked  
 meal. And be sure to include these  
 easy-to-make, easy-to-love dishes  
 using Hidden Valley Ranch® Salad  
 Dressing Mix.

You'll enjoy the flavor of these  
 summer dishes when the sun goes  
 down and the fireflies come out. Or  
 anytime at all.





## WHAT'S COOKING

*Here are some points to consider when you are buying and using kitchen knives.*

*By Rebecca J. Pate*



(Left to right) paring knife, Chinese cleaver, chef's knife, serrated slicing knife, and utility knife

## The Cutting Edge

Developing over the centuries from a crude implement to an iron-forged tool to a scientifically designed precision instrument, the knife has carved out a prominent place in our kitchens.

Despite its importance, we sometimes use whatever knife is in reach or think we have made a smart buy when we find a cheap knife on sale.

*Cooking Light* purchased knives when we moved into our new test kitchens last year. I thought my research on kitchen knives might help you make a wise investment, too.

The most important thing to look for in knives is high quality. While a better quality knife may be expensive initially, it becomes very economical during a lifetime of use.

### Materials and Construction

The blade length is measured from the tip to where the handle begins. Better knives have a thick area at the base of the blade next to the handle; this "heel" or "bolster" protects your fingers. The portion of the blade that fits into the handle is called the tang. The thickness of the tang indicates the thickness of the blade—which should be thick enough not to bend easily.

A full tang is best, because it is the same length and shape as the handle and fully supports the blade; it's seen sandwiched between the handle material. Some very heavy knives reduce the overall weight by using a rat-tail tang. It fits down inside the length of the handle and cannot be seen from the sides. A half-tang extends only partially into the handle,

thus not giving the support, balance, or strength that the knife needs to be used effectively.

Most blades today are made from surgical steel, stainless steel, or high-carbon stainless steel. Although many people assume surgical steel is best, such knives actually are of medium quality.

Plain stainless steel blades are so hard that they can't be sharpened; that's why these knives have laser-cut toothed edges.

High-carbon stainless steel is the best and usually the most expensive material. Sometimes called "no-stain," these blades keep a sharp edge and are unaffected by air and moisture. In the past, knives made of high-carbon steel reacted with acidic food and moisture. But this metal has been almost totally replaced with non-reactive high-carbon stainless steel.



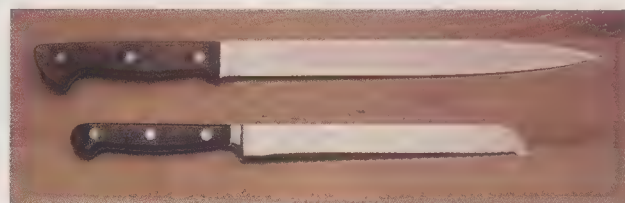
# Will people like the taste of a cracker that's low in fat, low in salt and has no cholesterol?



weight that does the work. Use it for chopping, slicing, cutting, and dicing. Prices range from \$5 to \$85.

Because the blade of a slicing knife is somewhat thinner than others, it allows for flexibility. This blade is also narrower than a chef's knife, yet usually the same length. The tip can be pointed or rounded. Use for slicing meats or vegetables to achieve smooth, even slices. Prices range from \$5 to \$70.

Slicing knives can have a serrated (notched or toothed) edge. These are excellent for slicing breads and some cakes, such as angel food or butter cakes. This knife lets you cut through the outer surface of food without tearing it or crushing the interior. Some shorter serrated knives are used for slicing tomatoes. Most serrated knives are made from stainless steel, not only to keep their edge but also to prevent reaction when used on acidic fruits or vegetables. Prices range from \$5 to \$52.



Cut smooth slices of meats and vegetables with a slicing knife (top); a serrated edge (bottom) cuts through bread and angel food cake without tearing.

Make sure the knife handle is comfortable in your hand and that the knife feels balanced when centered on your palm. Knife handles are made from wood, wood-impregnated plastic, plastic, hard rubber, or stainless steel. Some materials are not easy to hold when hands are wet or greasy. Hardwood or wood-impregnated plastic ensures a good, nonslip grip.

Generally, rivets secure the tang to the handle. The heads of the rivets should be smooth and flush with the handle material. There shouldn't be any gaps between the handle and the tang where dirt or food can collect.

## Types of Knives

Though there are numerous knives available, these are basic types that are very useful in the kitchen. Prices vary greatly, depending on the type of knife and its material. These knives may be bought individually or in sets. (Most lower quality knives are sold only in sets, while the more expensive and higher quality knives can be bought individually or in sets.) Knives are sold in large department stores, kitchen specialty shops, and some hardware stores. The best knife is not necessarily the most expensive knife. In fact, some of my better purchases were medium-priced knives.

The blade of a chef's knife (also called a cook's knife) ranges from 8 to 13 inches. It is heavy and wide at the handle and gradually tapers to a point. This shape lets the blade rock back and forth from the point to the heel. Choose a handle that is shaped so the hand holding the knife doesn't hit the cutting surface. Don't be afraid to use this large, heavy knife; it's the

## Apparently so.





Okay. Will they also like  
a cracker that's just as  
healthy and has  
real oat bran too?



A utility knife is shaped like a small chef's knife. It has a blade length of 6 to 8 inches. Use it for smaller jobs, such as cutting, chopping, and carving small poultry. Prices range from \$5 to \$49.

The blade of a paring knife ranges in length from 2½ to 4 inches. Blade and handle shapes vary, but the blade may not be



Paring knives come in various shapes and sizes. Choose the most comfortable for you.

as curved as that of a utility knife. Use a paring knife mainly for peeling and trimming vegetables and fruit. Hold it so that the blade becomes an extension of your index finger, and the knife moves easily

with the turning of your hand. Prices range from \$2.50 to \$29.

The heavy Chinese cleaver was originally used for hacking through bones. But many cooks have found cleavers with a curved edge as versatile as a chef's knife for such jobs as chopping and dicing. Choose a medium-weight cleaver. Prices range from \$18 to \$80.

Whether you are beginning or upgrading your utensil collection, invest first in a good chef's knife and paring knife. You can perform almost any task with these two.

Next, you may want to add a serrated slicing knife and a utility knife. Then purchase other types of knives to complete your collection according to your needs.

## WHAT'S COOKING

### Knife Tips

■ Sharpen knives regularly—once or twice a week with a sharpening steel if you use your knives a lot. Don't dull knives by cutting nonfood items. Dull knives will mash or bruise the food rather than chop it.

■ Never test the sharpness of the blade with your finger.

■ Use a good cutting surface, such as a cutting board made from hardwood, nylon, or soft plastic. The board absorbs the impact of the knife, saving arm and shoulder muscles. (Clean cutting boards with soapy washings or bleach and hot water.)

■ Lay a knife down with the blunt edge toward you, and rest it completely on the work surface. Never try to catch a falling knife. Wear shoes to protect your feet if you drop a knife.

■ Cut away from the body and hands.

■ Wash knives when you have finished with them. Never let them soak; it could damage the handle (and you might forget about the knife being in the water and cut yourself). Do not clean knives in the dishwasher. The extreme heat can ruin the structure of steel blades.

■ Dry knives immediately with a damp cloth to prevent scratching. Rub blade from the dull edge.

■ Store knives in a knife block or on a magnetic holder that is secure in the wall. Do not store loose in drawers, where blades can dent by hitting against other equipment. ■

*Rebecca J. Pate is director of the Cooking Light test kitchens.*

It certainly  
looks that way.



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## TECHNIQUE

*Light as foam—with a surprising snap—these delicate desserts will melt in your mouth. By Elizabeth J. Taliaferro*



CHOCOLATE-NUT MERINGUE BARS

### Crisp Meringues

**C**runchy and sweet, baked (or hard) meringues are unlike any other dessert. In their simplest form, meringues are nothing more than a web of beaten egg whites intertwined with sugar. Baked for a long time in a slow oven (low temperature), the moisture from the egg whites slowly evaporates. The result is a crisp delicacy.

Egg whites should be at room temperature to achieve maximum volume. Beat in a copper, stainless steel, or glass bowl. Do not underbeat, or the structure will be unstable and collapse when baked.

Parchment paper is necessary for tracing shapes, as in Chocolate-Nut Meringue Bars. Using a pen or pencil, trace shapes on the paper. Pipe meringue on the untraced side of the paper (the design will still show through) to avoid direct contact with ink or pencil marks. In recipes that require no tracing, such as Chocolate Chip Gingersnap Meringues, line the baking sheet with wax paper or foil.

Check meringues at the end of baking time to make sure they're dry. Tap gently;

if they're still soft or sticky, continue to bake at the same temperature until dry. Turn the oven off, and let meringues cool for 12 hours in a closed oven.

Meringues prepared on a cloudy, rainy, or humid day will absorb moisture from the air and become soft and sticky. If baked meringues become sticky, reheat in a 200° oven for 30 minutes to 1 hour.

### CHOCOLATE-NUT MERINGUE BARS

- 1 (16-ounce) carton vanilla low-fat yogurt
- 2 teaspoons unsweetened cocoa
- 3 egg whites
- $\frac{1}{4}$  teaspoon cream of tartar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{4}$  cup granulated sugar
- $\frac{3}{4}$  cup sifted powdered sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1 (1-ounce) square semisweet chocolate, grated
- 1 tablespoon finely chopped toasted almonds

Place colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon vanilla low-fat yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours.

Spoon yogurt cheese into a bowl, and discard liquid. Stir unsweetened cocoa into yogurt cheese; cover and refrigerate.

Cover 2 cookie sheets with parchment paper. Draw 23 (3- x 1-inch) rectangles 1 inch apart on paper. Turn paper over; secure to cooking sheet with masking tape, and set aside.

Beat egg whites (at room temperature), cream of tartar, and salt at high speed of an electric mixer until foamy. Gradually add granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Combine powdered sugar and cinnamon; gradually add to egg white mixture, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.) Gently fold in chocolate.



Gradually add granulated sugar, beating until soft peaks form.



Gradually add powdered sugar, beating until stiff peaks form.



Pipe meringue onto traced parchment paper.



Baked meringues should be crisp and break easily.



Pipe filling into meringue shells.



# HUNT'S® GREAT AMERICAN COOKS

*This is Theresa Wells.  
She loves cooking for an audience.  
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She uses Hunt's.*



*This is her Hunt's Spicy Lasagna.*

*Theresa invented this dish about an hour before her dinner guests began raving over it. But Theresa says she's never failed with Hunt's Tomato Paste. She's not alone. Hunt's has been trusted for good cooking for 100 years. Theresa and her dinner guests couldn't agree more.*

## Theresa's Spicy Red Spinach Lasagna

1 medium onion, chopped	to 1 tbsp. crushed red pepper flakes
3 cloves garlic, minced	
2 Tablesp. each: bacon drippings and olive oil	2 cups shredded fresh spinach
1 (28-oz.) can Hunt's Stewed Tomatoes	1 (15-oz.) container ricotta cheese
1 (6-oz.) can Hunt's Tomato Paste	4 lb. shredded Swiss cheese
8 slices chopped cooked bacon	1 egg, slightly beaten
1/4 cup dry red wine	8 lasagna noodles, cooked, rinsed and drained
2 Tablesp. red wine vinegar	Grated Parmesan cheese
	Minced parsley

*In Dutch oven, sauté onion and garlic in drippings and oil until tender. Add next 7 ingredients. In bowl, mix ricotta, Swiss and egg. Pour 1 cup sauce in 13 x 9 x 2-inch baking dish. Layer 4 noodles, 1/2 cheese mixture and 1/2 the remaining sauce; repeat layers. Bake at 350°F for 40 minutes. Top with Parmesan and parsley. Cool 10 minutes before cutting. Serves 8 to 10.*



**IT HAD TO BE HUNT'S.**





## TECHNIQUE

Spoon mixture into a pastry bag fitted with a No. 8 round tip, and pipe in a zigzag motion down center of outlined rectangle. Starting at one corner of rectangle, pipe meringue in a spiral fashion to trace rectangle. (Spiral sides should touch zigzag line down center, forming a solid base and ¼-inch-high sides for each bar.) Repeat procedure with remaining meringue.

Bake at 200° for 2½ hours or until dry. Turn oven off, and let meringues cool in closed oven at least 12 hours. Carefully remove meringues from paper.

To serve, spoon yogurt mixture into a pastry bag fitted with a small star tip; pipe evenly into centers of meringues. Sprinkle almonds evenly over filling. Serve immediately. Yield: 23 bars (about 52 calories each).

*Note:* Store unfilled baked meringue bars in an airtight container up to 2 days, if desired.

PROTEIN 1.6 / FAT 0.9 / CARBOHYDRATE 9.7 / CHOLESTEROL 1 / IRON 0.1 / SODIUM 38 / CALCIUM 37

### CHOCOLATE CHIP GINGERSNAP MERINGUES

- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup granulated sugar
- ¾ cup sifted powdered sugar
- ⅔ cup gingersnap cookie crumbs
- ⅓ cup semisweet chocolate mini-morsels

Beat egg whites (at room temperature), cream of tartar, and salt at high speed of an electric mixer until foamy. Gradually add granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.) Gently fold in cookie crumbs and mini-morsels.

Drop mixture by tablespoonfuls onto wax paper-lined cookie sheets. Bake at 200° for 1½ hours or until dry. Turn oven off, and let meringues cool in oven at least 12 hours. Carefully remove meringues

from paper. Store in an airtight container. Yield: 3 dozen (about 32 calories each).

PROTEIN 0.5 / FAT 0.8 / CARBOHYDRATE 6 / CHOLESTEROL 1 / IRON 0.1 / SODIUM 16 / CALCIUM 4

### CHOCOLATE-PEPPERMINT STICKS

- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup granulated sugar
- ¾ cup sifted powdered sugar
- ¾ teaspoon peppermint extract
- Red food coloring
- 1½ (1-ounce) squares semisweet chocolate

Cover a cookie sheet with parchment paper. Draw 56 (4-inch) lines 1 inch apart on paper. Turn paper over; secure with masking tape, and set aside.

Beat egg whites (at room temperature), cream of tartar, and salt at high speed of an electric mixer until foamy. Gradually add granulated sugar, 1 tablespoon at a



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time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat). Fold in peppermint.

Fit a large pastry bag with a No. 6 round tip. Using a cotton swab, heavily "paint" 6 straight lines lengthwise up inside of bag with red food coloring. Spoon mixture into bag, and pipe onto lines on parchment.

Bake at 200° for 1 hour or until dry. Turn oven off, and let meringues cool in closed oven at least 12 hours. Carefully remove meringues from paper, and arrange in a single layer on plates.

Place semisweet chocolate squares in a heavy-duty zip-top plastic bag; seal bag. Submerge bag in boiling water until chocolate melts. Snip a tiny hole in end of bag; drizzle chocolate over baked meringues. Freeze 10 minutes. Store in an airtight container. Yield: 56 cookies (about 14 calories each).

PROTEIN 0.2 / FAT 0.2 / CARBOHYDRATE 3 / CHOLESTEROL 0 / IRON 0 / SODIUM 9 / CALCIUM 1



CHOCOLATE-PEPPERMINT STICKS

This cookout calls for nice weather, neighbors, and some volleyball.

## THE OTHER BACKYARD BARBECUE

Serves: 4

1 lb. boneless pork loin cut into 1 1/2" cubes	2 t. lime juice
1 cup margarita mix (OR 1 cup lime juice)	1/4 t. sugar
4 t. sugar, 1/2 t. salt	1 T. minced parsley
1 t. ground coriander	1 large green or red pepper, cut into 1-inch chunks
1 clove garlic, minced	2 ears corn, cut into 8 pieces
2 T. butter, softened	

Cal. per serving: 335

Combine margarita mix, coriander, and garlic. Place pork cubes in heavy plastic bag, pour marinade to cover. Marinate for at least 30 min. Blend butter, lime juice, sugar, parsley, serrano, and pepper. (If using bamboo skewers, alternate with corn and pepper. If using bamboo skewers, soak in water 20-30 minutes before using.) Grill over hot coals, basting with butter mixture, 8-10 min, turning frequently. **DO NOT OVERCOOK.**

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**The Other White Meat.**  
America's Pork Producers



## TECHNIQUE

### SHERBET FILLED MERINGUE CUPS

- 3 egg whites
- ½ teaspoon grated lemon rind
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup granulated sugar
- ¾ cup sifted powdered sugar
- 3 cups lime, pineapple, or orange sherbet
- 1 (½-inch-thick) slice unpeeled fresh pineapple, cut into 6 wedges
- Fresh mint sprigs (optional)

Cover a baking sheet with parchment or wax paper; secure with masking tape, and set aside.

Beat egg whites (at room temperature) and next 3 ingredients at high speed of an electric mixer until foamy. Gradually add granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.)

Spoon meringue mixture into 6 equal portions onto prepared baking sheet. Using the back of a spoon, shape meringues into 4-inch circles; shape each circle into a shell (sides should be about 1½ inches high).

Bake at 200° for 3 hours or until dry. Turn oven off, and let meringues cool in closed oven at least 12 hours. Carefully remove meringues from paper.

Spoon ½ cup sherbet into each meringue, and top with pineapple. Garnish with mint, if desired. Yield: 6 servings (about 205 calories each).

*Note:* Store unfilled baked meringue cups in an airtight container up to 2 days, if desired.

PROTEIN 2.6 / FAT 0.9 / CARBOHYDRATE 48.1 / CHOLESTEROL 0 / IRON 0.1 / SODIUM 150 / CALCIUM 42

### STRAWBERRY MERINGUE TORTE

- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup plus 3 tablespoons granulated sugar, divided
- ¾ cup sifted powdered sugar
- 1 tablespoon plus 2 teaspoons cornstarch



SHERBET FILLED MERINGUE CUPS

- 1¼ cups 1% low-fat milk
- 1 egg
- 1½ tablespoons amaretto
- 1 teaspoon vanilla extract
- 2½ cups medium-size fresh whole strawberries

Cover a baking sheet with parchment paper. Draw a 9- x 6-inch rectangle on paper. Turn paper over; secure with masking tape, and set aside.

Beat egg whites (at room temperature), cream of tartar, and salt in a bowl at high speed of an electric mixer until foamy. Gradually add ¼ cup granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.)

Using the back of a spoon, spread two-thirds of mixture into rectangle on prepared baking sheet. Spoon remaining mixture into a pastry bag fitted with a large star tip; pipe a border around edges of rectangle. Bake at 200° for 3 hours or until dry. Turn oven off, and let meringue

cool in closed oven at least 12 hours. Carefully remove meringue from paper.

Combine remaining 3 tablespoons sugar and cornstarch in a medium saucepan; stir well. Add milk and egg, stirring until well blended. Bring mixture to a boil over medium heat, stirring constantly. Add amaretto; cook 2 minutes, stirring constantly. Remove from heat, and stir in vanilla. Cool completely; cover surface of mixture with plastic wrap, and chill at least 3 hours.

To serve, spoon amaretto mixture into meringue shell. Remove caps from strawberries, and arrange berries, pointed ends up, on top of amaretto mixture. Serve immediately. Yield: 10 servings (about 115 calories per serving).

*Note:* Store unfilled meringue shell in an airtight container up to 2 days, if desired.

PROTEIN 2.9 / FAT 1 / CARBOHYDRATE 24.3 / CHOLESTEROL 21 / IRON 0.3 / SODIUM 72 / CALCIUM 46

*Elizabeth J. Taliaferro is a freelance recipe developer in Birmingham, Alabama.*



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(COUPON ON REVERSE SIDE.)

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you decide it's  
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FRESH™ SALAD PASTAS  
OR SALAD SAUCES.

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## TECHNIQUE

### SHERBET FILLED MERINGUE CUPS

- 3 egg whites
- ½ teaspoon grated lemon rind
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup granulated sugar
- ¾ cup sifted powdered sugar
- 3 cups lime, pineapple, or orange sherbet
- 1 (½-inch-thick) slice unpeeled fresh pineapple, cut into 6 wedges
- Fresh mint sprigs (optional)

Cover a baking sheet with parchment or wax paper; secure with masking tape and set aside.

Beat egg whites (and next 3 ingredients) in an electric mixer until stiff peaks form. Gradually add granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form.

Spoon meringue portions onto prepared sheet. Using the back of a spoon, spread meringue into 4-inch circles into a shell (1½ inches high).

Bake at 200° for 3 hours. Turn oven off, and leave meringues in oven for 1 hour. Remove meringues.

Spoon ½ cup sherbet into meringue shell, and top with fresh fruit and mint, if desired. (about 205 calories each).

*Note:* Store unfilled baked meringue cups in an airtight container up to 2 days, if desired.

PROTEIN 2.6 / FAT 0.9 / CARBOHYDRATE 48.1 / CHOLESTEROL 0 / IRON 0.1 / SODIUM 150 / CALCIUM 42

### STRAWBERRY MERINGUE TORTE

- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ¼ cup plus 3 tablespoons granulated sugar, divided
- ¾ cup sifted powdered sugar
- 1 tablespoon plus 2 teaspoons cornstarch



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paper. Draw a 9- x 6-inch rectangle on paper. Turn paper over; secure with masking tape, and set aside.

Beat egg whites (at room temperature), cream of tartar, and salt in a bowl at high speed of an electric mixer until foamy. Gradually add ¼ cup granulated sugar, 1 tablespoon at a time, beating until soft peaks form. Gradually add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.)

Using the back of a spoon, spread two-thirds of mixture into rectangle on prepared baking sheet. Spoon remaining mixture into a pastry bag fitted with a large star tip; pipe a border around edges of rectangle. Bake at 200° for 3 hours or until dry. Turn oven off, and let meringue

amaretto; cook 2 minutes, stirring constantly. Remove from heat, and stir in vanilla. Cool completely; cover surface of mixture with plastic wrap, and chill at least 3 hours.

To serve, spoon amaretto mixture into meringue shell. Remove caps from strawberries, and arrange berries, pointed ends up, on top of amaretto mixture. Serve immediately. Yield: 10 servings (about 115 calories per serving).

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PROTEIN 2.9 / FAT 1 / CARBOHYDRATE 24.3 / CHOLESTEROL 21 / IRON 0.3 / SODIUM 72 / CALCIUM 46

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# OUR NEW FRESH PASTA SALADS COME APART FOR A GOOD REASON.

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light Creamy Dijon. Or lively Tomato

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## MICROWAVE

*Ready in a hurry, these moist muffins look as good as they taste. By Grace Wells*



BLUEBERRY-CARDAMOM MUFFINS

### Muffins in Minutes

Muffins are the easiest of all breads to microwave. You don't have to wait for the weekend to enjoy freshly baked muffins for breakfast.

It's true that breads do not brown when cooked in the microwave. However, the appearance of muffins can be improved by using such ingredients as brown sugar, whole wheat flour, molasses, cereals, cinnamon, and allspice. These darker ingredients keep the breads from looking pale, and they add flavor. Toppings added be-

fore or after cooking enhance the appearance of muffins, too.

Use a microwave-safe six- or seven-cup muffin pan. Models with holes in the bottom allow air circulation for even cooking. Use two paper liners for each muffin; the outer liner will absorb moisture, giving a more desirable texture—tender, but not soggy. Remove the outer liner immediately after cooking so none of the muffins will reabsorb moisture.

Muffins are ready when tops are only slightly wet, and the body is firm. Over-

done muffins will be tough and dry, so watch carefully. Cook for the least amount of time suggested in a recipe, then check after every additional 30 seconds of cooking time.

*Note: Cooking times vary according to the wattage of the oven. All microwave recipes are tested in 600-watt and 700-watt ovens to provide a range of cooking times.*

#### BLUEBERRY-CARDAMOM MUFFINS

- 1¼ cups all-purpose flour
- ½ cup whole wheat flour
- ⅓ cup sugar
- 1½ teaspoons baking powder
- ⅛ teaspoon salt
- ⅛ teaspoon ground cardamom
- ¾ cup skim milk
- 3 tablespoons vegetable oil
- ½ teaspoon grated lemon rind
- 1 egg, beaten
- ½ teaspoon vanilla extract
- 1 cup frozen blueberries, thawed and drained
- 1 tablespoon toasted wheat germ

Combine flours, sugar, baking powder, salt, and ground cardamom in a medium bowl, and make a well in center of mixture. Combine skim milk, oil, grated lemon rind, beaten egg, and vanilla; add to flour mixture, stirring just until dry ingredients are moistened. Gently fold in blueberries.

Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full. Sprinkle each with ¼ teaspoon wheat germ.

Microwave 6 muffins at a time at HIGH 3 minutes or until tops are only slightly wet, rotating pan a half-turn after 1½ minutes. Remove from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter. Yield: 1 dozen (about 133 calories each).

PROTEIN 3.2 / FAT 4.2 / CARBOHYDRATE 21.1 / CHOLESTEROL 17 / IRON 0.7 / SODIUM 76 / CALCIUM 50

PHOTOGRAPHY: HOWARD L. FICKETT; STYLING: BOB GAGER



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## PRUNE BRAN MUFFINS

- 1½ cups all-purpose flour
- 1½ cups wheat bran flakes cereal
- ⅓ cup coarsely chopped prunes
- ¼ cup sugar
- 1 teaspoon baking soda
- ½ teaspoon grated lemon rind
- ⅛ teaspoon salt
- 1 cup unsweetened apple juice
- ¼ cup vegetable oil
- 1 egg, beaten

Combine first 7 ingredients in a medium bowl; make a well in center of mixture. Combine apple juice, vegetable oil, and egg; add to flour mixture, stirring just until dry ingredients are moistened.

Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full.

Microwave 6 muffins at a time at HIGH 2 minutes and 45 seconds to 3 minutes or until tops are only slightly wet, rotating pan a half-turn after 1½ minutes.

Remove muffins from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter. Yield: 1 dozen (about 152 calories each).

PROTEIN 2.8 / FAT 5.2 / CARBOHYDRATE 24.4 / CHOLESTEROL 17 / IRON 2.1 / SODIUM 145 / CALCIUM 25

## MICROWAVE

## BANANA MUFFINS

- ¼ cup wheat bran flakes cereal, crushed
- 2 teaspoons brown sugar
- 1¼ cups all-purpose flour
- ¾ cup whole wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon ground nutmeg
- ⅛ teaspoon salt
- 1 cup mashed ripe banana (about 2 small)
- ⅓ cup nonfat buttermilk
- 3 tablespoons vegetable oil
- ¼ cup honey
- 1 egg, beaten

Combine cereal and sugar in a bowl; stir well and set aside. Combine flours and next 3 ingredients in a medium bowl; make a well in center of mixture. Combine banana and next 4 ingredients in a small bowl; beat at low speed of an electric mixer until blended. Add to flour mixture, stirring just until dry ingredients are moistened.

Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full. Sprinkle half of cereal mixture evenly over muffins.

Microwave 6 muffins at a time at HIGH 2½ to 3 minutes or until tops are only slightly wet, rotating pan a half-turn after 1

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# REAL LEMON!

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BRAND



## MICROWAVE

minute and 15 seconds. Remove from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter and cereal mixture. Yield: 1 dozen (about 152 calories each).

PROTEIN 3.3 / FAT 4.3 / CARBOHYDRATE 26.2 / CHOLESTEROL 17 / IRON 1 / SODIUM 79 / CALCIUM 42

### WHOLE WHEAT MUFFINS WITH ORANGE TOPPING

- 1¼ cups whole wheat flour
- ½ cup all-purpose flour
- ¼ cup sugar
- 2 tablespoons toasted wheat germ
- 1½ teaspoons baking powder
- ½ teaspoon ground ginger
- ⅛ teaspoon salt
- ¾ cup plus 2 tablespoons skim milk
- 2 tablespoons frozen orange juice concentrate, thawed and undiluted
- 2 tablespoons vegetable oil
- 1 egg, beaten
- 1 teaspoon margarine

- 1 teaspoon toasted wheat germ
- ½ teaspoon grated orange rind
- 2 teaspoons frozen orange juice concentrate, thawed and undiluted

Combine first 7 ingredients in a medium bowl; make a well in center of mixture. Combine milk and next 3 ingredients; add to flour mixture, stirring just until dry ingredients are moistened.

Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full.

Microwave 6 muffins at a time at HIGH 2 minutes and 15 seconds to 2 minutes and 30 seconds or until tops are only slightly wet, rotating pan a half-turn after 1 minute. Remove from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter.

Place margarine in a small bowl; microwave at HIGH 20 seconds or until melted. Stir in next 3 ingredients. Spoon

evenly over tops of muffins. Yield: 1 dozen (about 124 calories each).

PROTEIN 3.9 / FAT 3.6 / CARBOHYDRATE 20.4 / CHOLESTEROL 17 / IRON 0.8 / SODIUM 81 / CALCIUM 57

### APPLESAUCE BRAN MUFFINS

- ½ cup shreds of wheat bran cereal
- ½ cup raisins
- 1¼ cups unsweetened applesauce
- ¼ cup vegetable oil
- 1 egg, beaten
- 1¼ cups whole wheat flour
- ⅓ cup firmly packed brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ⅛ teaspoon salt
- ⅛ teaspoon ground cloves

Combine first 3 ingredients in a medium bowl; stir well. Let stand 5 minutes. Add oil and egg; stir well.

Combine flour and next 5 ingredients; stir well. Add to cereal mixture, stirring just until dry ingredients are moistened.

# FRESH. ONCE UPON A TIME.





Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full. Microwave 6 muffins at a time at HIGH 2 minutes and 45 seconds to 3 minutes or until tops are only slightly wet, rotating pan a half-turn after 1½ minutes. Remove from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter. Yield: 1 dozen (about 149 calories each).

PROTEIN 2.9 / FAT 5.4 / CARBOHYDRATE 25.4 / CHOLESTEROL 17 / IRON 1.5 / SODIUM 134 / CALCIUM 36

## STRUESEL-TOPPED ZUCCHINI MUFFINS

¼ cup wheat bran flakes cereal, crushed  
2 teaspoons brown sugar  
1½ cups all-purpose flour  
¼ cup golden raisins  
¼ cup sugar



APPLESAUCE BRAN MUFFINS

1 teaspoon baking soda  
⅛ teaspoon salt  
½ cup unsweetened pineapple juice  
¼ cup vegetable oil  
1 egg, beaten  
1 cup coarsely shredded zucchini

Combine cereal and brown sugar in a bowl; stir well and set aside. Combine

flour and next 4 ingredients in a medium bowl; make a well in center of mixture. Combine pineapple juice, oil, and egg, stirring well. Stir in zucchini. Add to flour mixture, stirring just until dry ingredients are moistened.

Place 2 paper cupcake liners in each muffin cup of a microwave-safe muffin pan. Spoon batter into cupcake liners, filling two-thirds full. Sprinkle half of cereal mixture evenly over muffins.

Microwave 6 muffins at a time at HIGH 2 minutes and 45 seconds to 3 minutes or until tops are only slightly wet, rotating pan a half-turn after 1½ minutes. Remove from pan immediately, and remove outer cupcake liner from each muffin. Let stand 2 minutes on a wire rack. Repeat procedure with remaining batter and cereal mixture. Yield: 1 dozen (about 137 calories each).

PROTEIN 2.4 / FAT 5.1 / CARBOHYDRATE 20.8 / CHOLESTEROL 17 / IRON 0.9 / SODIUM 107 / CALCIUM 25 ■

*Grace Wells is a microwave recipe developer in Minnetonka, Minnesota.*

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## RECIPE EXCHANGE

*Crisp cinnamon tortillas from Maryland, award-winning crabmeat-topped catfish from Louisiana, creamy sherbet from New Mexico . . .*

### Readers Share Their Favorites

**C**ooking Light spotlights some of the many light recipes that we have received in the mail. Tested in our test kitchens, these delicious recipes meet the same nutritional criteria as others in our magazine.

#### CINNAMON CRISPS

*To evenly coat the tortillas, Vera De Marco of Upper Marlboro, Maryland, combines sugar and cinnamon in an empty salt shaker.*

- 1 tablespoon hot water
- ½ teaspoon vanilla extract
- 1½ tablespoons sugar
- 1 teaspoon ground cinnamon
- 4 (6-inch) flour tortillas
- Vegetable cooking spray

Combine water and vanilla in a small bowl; stir well. Combine sugar and cinnamon; stir well. Lightly coat both sides of 2 tortillas with cooking spray; lightly brush each side with water mixture, and sprinkle each side with sugar mixture.

Place on a wire rack in a 15- x 10- x 1-inch jellyroll pan. Bake at 400° for 6½ minutes or until lightly browned. Repeat procedure for remaining 2 tortillas. Yield: 4 servings (about 144 calories each).

PROTEIN 3.7 / FAT 2.5 / CARBOHYDRATE 27.5 / CHOLESTEROL 0 / IRON 1 / SODIUM 0 / CALCIUM 34

#### BANANA-ORANGE TOFU SHERBET

*Marguerite King of Gallup, New Mexico, uses soft (rather than firm) tofu for velvety texture.*

- 1 pound soft tofu
- ¾ cup sliced ripe banana  
(about 1 medium)
- ¾ cup light-colored corn syrup



CINNAMON CRISPS

- 2 cups unsweetened orange juice
- 1 tablespoon grated orange rind
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

Combine first 3 ingredients in container of an electric blender; cover and process 30 seconds. Pour into a medium bowl; add remaining ingredients, stirring well.

Pour mixture into the freezer can of a ½-gallon hand-turned or electric freezer. Freeze according to manufacturer's directions. Yield: 12 servings (about 110 calories per ½-cup serving).

PROTEIN 2.4 / FAT 1.4 / CARBOHYDRATE 22.7 / CHOLESTEROL 0 / IRON 0.5 / SODIUM 26 / CALCIUM 69

#### MINTED CANTALOUPE SOUP

*Lucy Footlik of Mercer Island, Washington, serves refreshing chilled soup as a first course or a dessert.*



- 2½ cups cubed cantaloupe
- 1½ tablespoons chopped fresh mint
- 1 tablespoon sugar
- ¼ cup Chablis or other  
dry white wine
- 3 tablespoons plain low-fat yogurt
- Fresh mint sprigs (optional)

Place first 3 ingredients in container of an electric blender or food processor; cover  
(continued on page 99)



# NATION PREPARES FOR LEANER TIMES

## The Skinniest Six

					
<b>ROUND TIP</b> 149 calories 5.0 gms total fat* (1.8 gms sat. fat)	<b>TOP LOIN</b> 168 calories 7.1 gms total fat* (2.7 gms sat. fat)	<b>TOP ROUND</b> 169 calories 4.3 gms total fat* (1.5 gms sat. fat)	<b>EYE OF ROUND</b> 141 calories 4.0 gms total fat* (1.5 gms sat. fat)	<b>TENDERLOIN</b> 175 calories 8.1 gms total fat* (3.0 gms sat. fat)	<b>TOP SIRLOIN</b> 162 calories 5.8 gms total fat* (2.3 gms sat. fat)

### BEEF AND TODAY'S HEALTH STAMPEDE.

These are leaner times. Conspicuous consumption is out. The basics are back. People are eating lighter, leaner foods. And here's the whole story.

#### Calories: the inside account.

The Skinniest Six cuts of beef are surprisingly lean and low in calories. In fact, three ounces of lean, trimmed beef average a mere 180 calories\*. Makes you stop and think. About beef



fajitas and Japanese steak salad.

#### Cholesterol: perception vs. reality.

This should make headlines: lean, trimmed beef has no more cholesterol than chicken — without the skin.

While chicken does have less fat, moderate servings of beef fit easily within leading dietary guidelines.

#### Nutritional facts rounded-up.

Lean beef has a high ratio of nutrients to calories. Number crunchers take note. Three ounces supply 38%

of the U.S. RDA for vitamin B-12 and zinc. Plus a generous 56% of U.S. RDA for protein. Not to mention 14% of the recommendation for iron. That's quite a mouthful.

#### Wisdom to steer by.

Nutritionists recommend a balanced, varied diet and leaner cuts of meat. Training gurus push aerobic exercise. Stress management types suggest a month in the Baha-

mas. Grilling steaks on the beach, no doubt.

*Dinnertime in no time.* Beef is perhaps the ultimate fast food. From quick steaks and fajitas to blazing stir fries. No time left? Time for juicy leftovers.

## Beef.

Real food for real people.



\*Source: USDA Handbook 8-13 1990 Rev. Figures are for a 3 oz. cooked serving. Beef trimmed before cooking. 4 oz. uncooked yield 3 oz. cooked.  
© 1990 Beef Industry Council and Beef Board

#### QUICK BEEF FAJITAS

Stir fry peppers and onions with cumin, oregano and minced garlic. Broil top round or sirloin. Top tortilla with vegetables and sliced beef. Ole!

For a beef recipe booklet, write the B.I.C., Dept. L., 444 N. Michigan Ave., Chicago, IL 60611. Please enclose 50¢





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SHORTCAKE**

**COOKING LIGHT RECIPE:**  
202 CALORIES PER SERVING,  
4.7 GRAMS OF FAT.

**TRADITIONAL RECIPE:**  
519 CALORIES PER SERVING,  
32.7 GRAMS OF FAT.

# Let Them Eat To Their Hearts' Content.

You probably know a lot of people who need to cut back on cholesterol, fat or sodium in their diets. After all, the Surgeon General has linked health and longevity to what we eat.

But how can you convince someone to eat right? Well, we recommend showing them a copy of **COOKING LIGHT**. **COOKING LIGHT** isn't about giving up the things you love. It's about enjoying good food, all the foods you crave — chocolate, pizza, pasta, meat.

In six colorful, recipe filled issues, you and the people you love will discover new lighter, healthier ways to prepare everything from appetizers

to desserts with much of the fat — but none of the taste — removed. Plus dozens of new fitness facts and a bonus Holiday Issue with each paid subscription.

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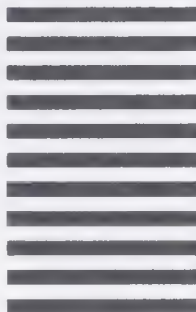
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(continued from page 94)

and process mixture until smooth.

Pour mixture into a bowl. Add wine and yogurt; stir with a wire whisk until blended. Cover and chill. Garnish with mint sprigs, if desired. Yield: 2 cups (about 64 calories per ½-cup serving).

PROTEIN 1.5 / FAT 0.4 / CARBOHYDRATE 12.4 / CHOLESTEROL 1 / IRON 0.4 / SODIUM 18 / CALCIUM 34

## 

*Arlene Seneca of White Castle, Louisiana, tells us her son won first place in a local 4-H competition with this recipe.*

- 3 tablespoons fresh lemon juice
- 1 tablespoon margarine, melted
- 2 teaspoons 72%-less-sodium Worcestershire sauce
- 6 (4-ounce) farm-raised catfish fillets

- ½ teaspoon creole seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon ground red pepper
- 1 cup thinly sliced onion
- 1 medium-size green bell pepper, cut into strips

Vegetable cooking spray

- ¾ cup chopped onion
- 2 tablespoons chopped green onions
- 1 cup (6 ounces) fresh lump crabmeat, drained

Combine first 3 ingredients in a bowl; brush on both sides of fillets. Combine creole seasoning and next 2 ingredients; sprinkle over both sides of fillets. Arrange fillets in an 11¼- x 9¼- x 1¼-inch aluminum foil pan. Arrange onion and bell pepper on top of fillets; set aside.

Coat a medium skillet with cooking spray; place over medium-high heat until hot. Add chopped onion and green onions; sauté 5 minutes or until tender. Add crabmeat; cook 30 seconds or until thoroughly heated, stirring constantly. Remove from heat.

Place pan on grill rack over medium-hot coals; cook fillets 17 minutes. Spoon crabmeat mixture evenly on top of fillets; cook an additional 3 minutes or until fish flakes easily when tested with a fork. Yield: 6 servings (about 201 calories per serving).

PROTEIN 27.1 / FAT 7.5 / CARBOHYDRATE 5.1 / CHOLESTEROL 94 / IRON 1.7 / SODIUM 346 / CALCIUM 90

## 

*Use this versatile cucumber sauce from Jody Levinson of Los Angeles with grilled salmon or as a dip for raw vegetables.*

- 2 (10-ounce) packages frozen chopped spinach, thawed and drained

- ½ cup soft whole wheat breadcrumbs
- ¼ cup grated Parmesan cheese
- ⅓ cup finely chopped onion
- 1 teaspoon dried whole basil
- ½ teaspoon dried whole oregano
- ⅛ teaspoon pepper
- Dash of dried whole thyme
- 2 egg whites
- 1 clove garlic, minced
- Vegetable cooking spray
- Cucumber-Dill Sauce

Place spinach on paper towels, and squeeze until barely moist. Combine spinach and next 9 ingredients in a large bowl; stir well. Let stand 10 minutes. Shape mixture into 32 balls; place on a large baking sheet coated with cooking spray. Bake at 350° for 15 minutes. Serve warm with Cucumber-Dill Sauce. Yield: 32 appetizers (about 21 calories per spinach ball and 1 tablespoon sauce).

PROTEIN 1.9 / FAT 0.5 / CARBOHYDRATE 2.6 / CHOLESTEROL 1 / IRON 0.5 / SODIUM 43 / CALCIUM 58

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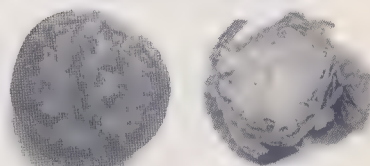
- 1 (16-ounce) carton plain low-fat yogurt
- 1 cup peeled, chopped cucumber
- ½ teaspoon dried whole dillweed
- 1 teaspoon lemon juice
- 1 clove garlic, minced

Spoon yogurt onto several layers of heavy-duty paper towels; spread to ½-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a bowl. Add remaining ingredients; stir well. Cover and chill. Yield: 2 cups (about 10 calories per tablespoon).

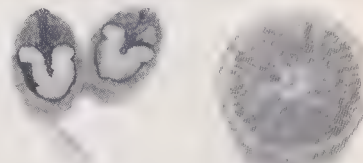
PROTEIN 0.8 / FAT 0.2 / CARBOHYDRATE 1.2 / CHOLESTEROL 1 / IRON 0 / SODIUM 10 / CALCIUM 27

*Send your light recipes to "Recipe Exchange," P.O. Box 1748, Birmingham, Alabama 35201. Submit each recipe on a separate sheet of paper; include your address and daytime phone number. If we publish your recipe, we'll send you a Cooking Light cookbook. We reserve the right to edit all recipes; none can be returned. All recipes published become the property of Cooking Light.*

CNN's *On the Menu* features the latest in nutrition news from



calories to cholesterol, showing Americans how to eat their way to



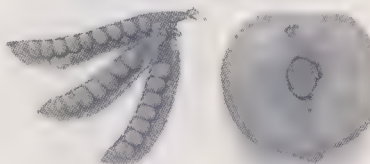
a healthier lifestyle. Registered dietitian Carolyn O'Neil hosts



*On the Menu*, recipient of Media Excellence Awards from



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Association for outstanding nutrition programming.



# 

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Saturday 3PM (ET)  
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## SPECIAL REPORT

*As nutrition issues become advertising campaigns, consumers digest a lot of scrambled messages. By Densie Webb*

# Breakfast Cereals: Health Versus Hype

**W**hen it comes to choosing the most healthful ready-to-eat breakfast cereal, it seems to be every man for himself. There's a cereal war going on!

Not long ago, there were few nutritious brands to choose from; but now more than 450 varieties vie for our dollars. With such names as Nutrific®, Nutri-Grain®, Just Right®, and Common Sense™ Oat Bran, they are anything but subtle in their "buy me and live better [and longer]" sales pitches.

Cereals used to target mainly children, and taste was emphasized on the label. Now to attract health-conscious adults,

cereals claim to "reduce cholesterol," offer "fiber insurance," or provide as many vitamins and minerals as a supplement tablet.

Whether we're believing the messages of the healthful advertising campaigns or simply letting convenience influence our choice, research shows that in 1989, we each ate an average of 157 servings of cereal—up 10% from 1988. Those who eat a breakfast of cereal and milk start the day better nutritionally than those who eat other breakfast foods or those who skip breakfast altogether.

But how can you tell if the cereal you're eating is high in fiber and low

in sugar, and offers the right amount of vitamins and minerals?

### Cereal Nutrition

The original grains from which cereals are made are packed with good nutrition. They're good sources of complex carbohydrates, B vitamins, and fiber. They're naturally low in fat, too. But by the time most grains make their way into a cereal box, much of the good stuff has been processed out. To restore the product to its original nutritious state, cereal manufacturers "enrich" their products with vitamins and minerals. A few "fortify" rather than enrich, raising the vitamin and mineral levels to that of a vitamin supplement. These added nutrients aren't free; fortified breakfast cereals often cost more than nonfortified products.

### Serving Size

One ounce is generally a standard serving size for breakfast cereals. But not all 1-ounce servings look the same in your cereal bowl. For example, a 1-ounce serving of a granola-type cereal provides only about ¼ cup; that's barely enough to cover the bottom of a decent-sized bowl. A 1-ounce serving of a flake cereal, on the other hand, would fill your bowl to the brim. Better yet, the bowlful of flakes amounts to only 110 calories. Fill your bowl with a granola mix, and you'll consume about 550 calories' worth—and that's before you add milk. Be sure to check the label for the volume of cereal that makes a serving (⅓ cup, ½ cup, ⅔ cup, etc.).

Of course, a cereal with less volume per ounce should be heavier and more filling. But if you won't be satisfied with a small portion, better try a higher-volume brand.

### Fiber

Health experts recommend a daily fiber intake of 20 to 35 grams. Because Americans typically fall far short of that goal



ILLUSTRATION JACK MOLLOY





**Mom's assistant welcoming committee.**

### Quick-As-An-Elf Key Lime Pie.

- |  |   |
|--|---|
| 1 (6-oz.) Keebler®<br>Ready-Crust® Graham<br>Cracker Pie Crust | 1 tsp. grated lime peel                     |
| 3 eggs, separated  | $\frac{1}{4}$ cup lime juice                |
| 1 can (14-oz.) sweetened<br>condensed milk                     | whipped topping<br>(garnish)                |
|  | few drops green food<br>coloring (optional) |

In large bowl, beat egg whites until stiff peaks form; set aside. In small bowl, beat egg yolks. Mix in sweetened condensed milk. Gradually add lime peel and juice. Stir to combine well. Fold mixture into egg whites; add food coloring. Pour into crust. Freeze 3 hours. Let stand 15 minutes at room temperature before serving. Serve with whipped topping.







7:00 a.m.

*Filippo Berio Mild & Light  
Olive Oil*

*Luminously light, subtle flavor.*



12:30 p.m.

*Filippo Berio Extra Virgin  
Olive Oil*

*Robust flavor, impeccable aroma.*



7:15 p.m.

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*Delicate flavor, exquisite aroma.*



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(most of us consume a mere 11 grams per day), high-fiber cereals have become the quick fix for fiber. But of the hundreds of ready-to-eat breakfast cereals available, most offer no more than 2 or 3 grams of fiber per 1-ounce serving. Only a select few are considered truly high-fiber cereals, offering 5 grams or more per serving.

Don't let brand names lead you astray; a nutritious-sounding name doesn't mean the cereal is actually high-fiber. Read the label to be sure. The exact amount of dietary fiber should be listed on the box with the rest of the nutrition information.

There are two types of fiber found in cereals. Soluble fiber, the kind found in oat bran, helps lower blood cholesterol levels and stabilize blood sugar. Insoluble fiber, like that in wheat bran, can relieve constipation and may help reduce the risk of colon cancer by speeding the passage of food through the intestinal tract. Unfortunately for the consumer, only a few cereals tell you how much of each kind of fiber they contain, and there are no specific guidelines for how much of each kind of fiber you need. So, instead of depending on one cereal to supply your fiber needs, keep two or three kinds in your cupboard. Or make your own blend of cereal by mixing several kinds together.

## Sugar

Since cereal marketers these days downplay sugar content, it may take some sleuthing to determine the actual amount of sweetener. The most obvious check is to see how far down on the ingredient list sugar falls. Ingredients are listed in order of quantity from most to least; so if sugar is last on the list, chances are the cereal contains only a small amount.

However, fructose, honey, corn syrup, and dextrose are common sweeteners that provide just as many calories as sugar. If more than one sweetener is used, they could place individually as fourth, fifth, and sixth on the list. Yet if these were combined and listed as "sweeteners," they might be bumped to second or third on the list. So-called children's cereals often contain the most sugar, some as much as 1½ tablespoons per serving.

The detailed carbohydrate information printed on the box also can clue you as to the number of grams of sugar. Three

forms of carbohydrate usually are listed: sucrose and other sugars (or simple carbohydrates); starch-related (or complex carbohydrates); and dietary fiber. To calculate the number of teaspoons of sugar in the cereal, divide the number of grams of sugar by 4 (1 teaspoon of sugar equals 4 grams).

Only a few cereals are sweetened with the low-calorie sweetener, aspartame (brand name NutraSweet®). This, too, will be in the ingredient list on the side panel of the cereal box.

## Sodium

Though most people can't taste the sodium in cereals, the sodium content ranges from zero to around 300 milligrams per serving. If you're watching your sodium intake, be sure to scan the label for sodium information.

## Fat

Most cereals contain very little fat (from zero to 1 or 2 grams). And most

cereal manufacturers have recently removed or are removing highly saturated tropical oils, such as palm, palm kernel, and coconut, from their products. There are some notable exceptions to the low-fat rule, however. A few recent introductions to the cereal market, such as Kellogg's® Oatbake™ and Quaker® Crunch Nut Oh's®, contain as much fat in a 1-ounce serving as found in a pat of butter.

Again, read the nutrition information on the label. It should clearly state the grams of fat per ounce of cereal. Stick with brands that are fat-free or contain only 1 gram of fat per ounce.

Besides being the ultimate in fast food, a truly healthful ready-to-eat cereal offers good nutrition and valuable fiber. Moistened in skim milk, it gives you much-needed calcium as well. Shop for the most healthful cereals to make the best choice for breakfast. ■

*Densie Webb, Ph.D., R.D., is the author of The Complete "Lite" Foods, Calorie, Fat, Cholesterol, and Sodium Counter.*

## BEST BETS IN CEREAL

These 20 cereals offer the most fiber for the least fat and sugar.

1-ounce serving (approximate)	Fiber (grams)	Calories	Fat (grams)	Sugar (grams)	Sodium (milligrams)
Kellogg's® All-Bran® with Extra Fiber (½ cup)	14	50	1	0	140
General Mills® Fiber One® (½ cup)	13	60	1	0	140
Kretschmer® Toasted Wheat Bran (½ cup)	11	60	2	1	0
Kellogg's® All-Bran® (½ cup)	10	70	1	5	260
Kellogg's® Bran Buds® (½ cup)	8	70	1	7	170
Nabisco® 100% Bran With Oat Bran (½ cup)	8	80	1	6	190
Kellogg's® Heartwise™ (1 cup)	6	90	1	5	125
Post® Natural Raisin Bran (¾ cup; 1.4 oz.)	6	120	1	12*	200
Kellogg's® Bran Flakes (¾ cup)	5	90	0	5	220
Quaker® Crunchy Bran Cereal (¾ cup)	5	90	1	6	320
Kellogg's® Fruitful Bran® (¾ cup)	5	110	0	11*	230
Kellogg's® Raisin Bran (¾ cup)	5	120	1	13*	230
General Mills® Total® Raisin Bran (¾ cup)	5	130	1	14*	190
Post® Natural Bran Flakes (¾ cup)	5	90	0	5	230
Post® Natural Raisin (¾ cup)	4	80	0	12*	180
Quaker® Shredded Wheat (2 biscuits)	4	130	1	0	0
Kellogg's® Mueslix® Five Grain (½ cup)	4	140	1	11*	55
Kellogg's® Nutri-Grain® Biscuits (½ cup)	4	90	0	0	0
Ralston® Bran Chex® (¾ cup)	4	90	0	5	200
Nabisco® Shredded Wheat 'n Bran (¾ cup)	4	90	0	0	0

\*Includes natural sugars from fruit.

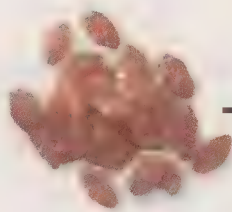


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*Corn Flakes®*

+



*Rice Krispies®*

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*Product 19®*

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*Special K®*

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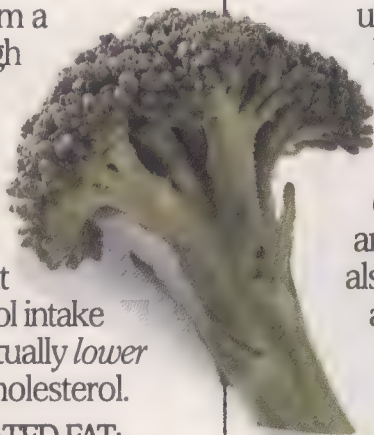
*Raisin Squares®*

+

\*Total saturated fat for above cereals is .44 grams and total cholesterol is zero.



That's what these cereals contain. In fact, virtually all Kellogg's® cereals are low in saturated fat and cholesterol. Recent studies show that switching from a traditional high fat breakfast to a low fat, low cholesterol cereal breakfast can lower your fat and cholesterol intake enough to actually *lower* your blood cholesterol.

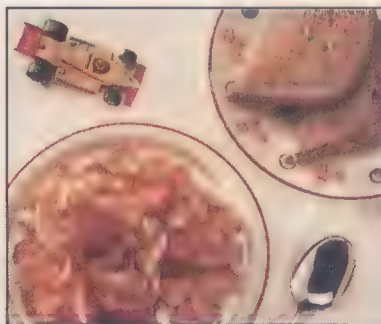


### SATURATED FAT: THE REAL CULPRIT

Saturated fat — mostly found in things like fatty meats

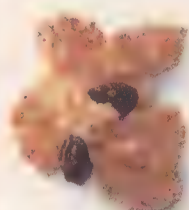
Reducing saturated fat from the diet can also help reduce cholesterol. Limit your consumption of fatty meats, egg yolks and full fat dairy products. Choose foods like fish, skinless chicken breasts and skim milk. Breads and cereals, fresh fruits and vegetables are also a great way to avoid saturated fat — indeed, most contain practically none.

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Breakfast is the most important meal of the day. And if



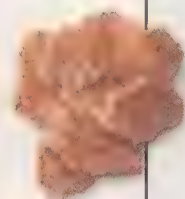
or *Raisin Bran*®, you may reduce the fat content of your breakfast by almost two-thirds — an encouraging fact especially when you consider that health professionals tell us we need to reduce our fat intake.

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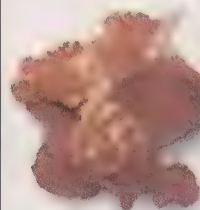
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Crispix®

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and some cheeses — is the primary dietary component that raises blood cholesterol.

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# GET A TASTE FOR THE HEALTHY LIFE.™



*This versatile vegetable adds a delicious change of pace to a variety of summer meals. By Lori Fox*



SPICY SHRIMP AND OKRA

## Okra Out of the Ordinary

**M**ention okra, and many people picture slender, tapering pods from the South. But cooks no longer associate the unpretentious vegetable just with its Southern heritage or exotic origins in West Africa and the West Indies. It has become a popular offering from coast to coast.

Okra is noted for its thickening ability. Heating cut okra releases natural juices high in starch and pectin that thicken a soup or stew. Chicken-Vegetable Gumbo does not call for the traditional fat-laden

roux made of flour and lard or oil. Instead, it relies on okra for thickening.

In some recipes, you may need to keep okra juices from readily escaping. When trimming the tips and stems of whole pods, do not pierce the pod. If you slice okra crosswise, coat the knife with vegetable cooking spray before cutting. This minimizes slipperiness and makes preparation easier.

Okra is available year-round, whether fresh or frozen. Now is the time to check the abundant harvest at the supermarket,

produce stand, or farmers' market. Select flexible, bright green pods that are free of bruises. Rinse the pods, and dry them well before using.

Keep in mind that okra is quite perishable. Store it in a paper bag on the upper shelf (warmest part) of the refrigerator, and use within two days.

### SPICY SHRIMP AND OKRA

- 2 tablespoons no-salt-added tomato sauce
- $\frac{1}{2}$  teaspoon extra-spicy salt-free herb and spice blend
- $\frac{1}{2}$  teaspoon dried whole basil
- $\frac{1}{4}$  teaspoon dried whole oregano
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  pound fresh okra pods
- 1 pound medium-size unpeeled fresh shrimp
- Vegetable cooking spray
- 2 cloves garlic, minced
- $1\frac{1}{2}$  teaspoons vegetable oil
- $\frac{1}{2}$  cup diagonally sliced celery
- $\frac{1}{2}$  cup (1-inch pieces) green bell pepper
- $\frac{1}{2}$  cup (1-inch pieces) red bell pepper
- $\frac{1}{3}$  cup sliced green onions
- 4 cups hot cooked long-grain rice (cooked without salt or fat)
- Fresh basil sprigs (optional)

Combine first 5 ingredients in a bowl; set aside.

Remove tip and stem ends from okra; cut okra into  $\frac{1}{4}$ -inch slices, and set aside.

Peel and devein shrimp. Coat a large skillet with cooking spray; place over medium-high heat until hot. Add shrimp and garlic; stir-fry  $2\frac{1}{2}$  minutes or until shrimp begins to turn pink. Add okra, oil, and next 4 ingredients; stir-fry  $2\frac{1}{2}$  minutes or until vegetables are crisp-tender. Add tomato sauce mixture; cook 30 seconds, stirring constantly. Serve with rice. Garnish with basil sprigs, if desired. Yield: 4 servings (about 329 calories per 1 cup shrimp mixture and 1 cup rice).

PROTEIN 19.5 / FAT 3 / CARBOHYDRATE 54.4 / CHOLESTEROL 117 / IRON 4 / SODIUM 279 / CALCIUM 118

PHOTOGRAPHY: SYLVIA MARTIN; STYLING: CINDY MANNING



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## TARRAGON-OKRA MEDLEY

- ½ pound fresh okra pods
- 1 cup fresh tarragon sprigs
- 1½ cups sliced yellow squash (about 2 small)
- 1 tablespoon lemon juice
- ½ teaspoon minced fresh tarragon
- ⅛ teaspoon salt
- Dash of garlic powder

Remove tip and stem ends from okra. (Do not cut into pods.) Place okra in a vegetable steamer lined with tarragon sprigs over boiling water; cover and steam 5 minutes or until crisp-tender. Add squash; cover and steam 2 minutes.

Place okra and squash in a serving bowl; discard tarragon sprigs.

Combine lemon juice and remaining ingredients; add to okra mixture, tossing gently. Yield: 3 servings (about 37 calories per 1-cup serving).

PROTEIN 2 / FAT 0.2 / CARBOHYDRATE 7.8 / CHOLESTEROL 0 / IRON 0.8 / SODIUM 108 / CALCIUM 63

## CHICKEN-VEGETABLE GUMBO

- ⅔ pound fresh okra pods
- Vegetable cooking spray
- 1 cup coarsely chopped onion
- 1 cup sliced fresh mushrooms
- ½ cup sliced celery
- ½ cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 (14½-ounce) cans no-salt-added whole tomatoes, undrained and chopped
- 1 (10½-ounce) can no-salt-added chicken broth
- ½ cup dry sherry
- 1 teaspoon chicken-flavored bouillon granules
- 1 teaspoon dried Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups cubed cooked chicken breasts (about 1 pound, boned and skinned)

Remove tip and stem ends from okra; cut okra into ¼-inch slices, and set aside.

Coat a large Dutch oven with cooking spray, and place over medium heat until hot. Add onion and next 4 ingredients; cook 5 minutes, stirring constantly. Add okra, tomatoes, and next 6 ingredients; stir well. Bring to a boil; cover, reduce



TARRAGON-OKRA MEDLEY (LEFT) AND OKRA-RICE CASSEROLE

heat, and simmer 1 hour or until vegetables are tender. Add chicken; stir well. Remove from heat; cover and let stand 5 minutes. Yield: 2 quarts (about 129 calories per 1-cup serving).

PROTEIN 15.2 / FAT 2.3 / CARBOHYDRATE 11.4 / CHOLESTEROL 36 / IRON 1.7 / SODIUM 233 / CALCIUM 81

## OKRA-RICE CASSEROLE

- ½ pound small fresh okra pods
- 4 cups hot cooked long-grain rice (cooked without salt or fat)
- ½ cup low-fat sour cream
- 1 (4-ounce) can chopped green chiles
- ½ cup (2 ounces) shredded Monterey Jack cheese
- Paprika (optional)

Remove tip and stem ends from okra. (Do not cut into pods.) Place okra in a vegetable steamer over boiling water; cover and steam 6 minutes or until crisp-tender. Cut each pod in half lengthwise; set aside.

Combine rice, sour cream, and chiles in a bowl; stir well. Spoon into a 12- x 8- x 2-inch baking dish. Top with okra, cut sides down, pressing pods gently into rice mixture. Top with cheese. Broil 4 to 6 inches from heat until cheese melts.

Sprinkle with paprika. Yield: 8 servings (about 160 calories per ½-cup serving).

PROTEIN 4.4 / FAT 4.1 / CARBOHYDRATE 25.5 / CHOLESTEROL 11 / IRON 1 / SODIUM 62 / CALCIUM 93

## SEASONED OKRA SAUTE

- 1 pound fresh okra pods
- 2 tablespoons fine, dry breadcrumbs
- 2 teaspoons grated Parmesan cheese
- 2 teaspoons yellow cornmeal
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- ⅛ teaspoon dried whole thyme
- Vegetable cooking spray
- 2 teaspoons olive oil

Remove tip and stem ends from okra; cut okra into ¼-inch slices, and set aside.

Combine next 6 ingredients in a bowl; stir well. Add okra, tossing gently to coat.

Coat a large, heavy skillet with cooking spray. Add oil; place over medium-high heat until hot. Add okra mixture; cook 6 minutes or until golden, stirring frequently. Serve warm. Yield: 4 servings (about 75 calories per ½-cup serving).

PROTEIN 2.6 / FAT 2.9 / CARBOHYDRATE 10 / CHOLESTEROL 1 / IRON 0.9 / SODIUM 46 / CALCIUM 85

*Lori Fox is a food stylist and recipe developer in Minneapolis, Minnesota.*



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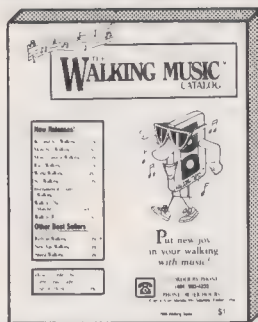
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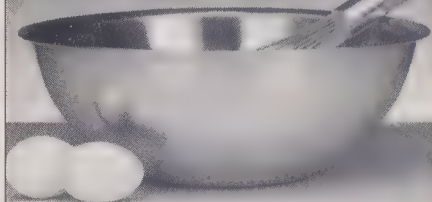
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# RECIPE INDEX

Your reference for July/August 1990

## NUTRITIONAL ANALYSIS

Whether you're counting calories or just trying to make calories count towards good nutrition, be sure to look at the nutritional analysis following each *Cooking Light* recipe. It indicates calories and selected nutrients per serving. Protein, fat, and carbohydrates are listed in grams; cholesterol, iron, sodium, and calcium in milligrams. Figures given are based on the following assumptions:

- Meats are trimmed of fat, and poultry is skinned before cooking.
- When a range is given for an ingredient (3 to 3½ cups flour), the lesser amount is calculated.
- Alcohol calories evaporate when the dish is heated. This reduction is reflected in the calculations.
- When a marinade is used, only the amount of marinade absorbed by the food is calculated.
- Optional ingredients, such as garnishes, are not calculated.

Nutritional values are obtained from a computer software program from Computrition, Inc. Values for ingredients not available in the computer are provided by manufacturers of the specific product.

Used in conjunction with the following nutritional guidelines for women ages 23 to 50\*, the values can help you keep track of the contribution *Cooking Light* recipes make towards meeting your nutrient needs each day.

Calories:	2,000
Protein:	44 grams
Fat:	67 grams
Carbohydrates:	305 grams
Cholesterol:	300 milligrams or less
Iron:	18 milligrams
Sodium:	1,100 to 3,300 milligrams
Calcium:	800 to 1,200 milligrams

\*Men, teenagers, and pregnant or breast-feeding women will need more of some nutrients.

Nutritional analysis of recipes is provided for people on normal diets who want to plan healthier, more balanced meals. If you follow a diet prescribed by a physician, consult a registered dietitian to see how *Cooking Light* recipes can fit into your specific meal plan.



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*When I achieve a goal or complete a task, I always find a suitable reward in the wide world of vending machines. By Deann M. Alford*

### The Land of Food Behind the Glass

**T**he little girl stood shivering on the diving board at the deep end of the pool. An audience of moms, dads, and the beginning swimmers' class was coaxing her to jump into the water. Through a 4-year-old's eyes, the 3-foot leap to the swim teacher's arms seemed like a fall off a mountain. She took a deep breath and held it, puffing out her cheeks with air. With her eyes tightly closed and one hand holding her nose, she jumped.

Her mother leapt to her feet, applauding and cheering. But a greater incentive than a parent's praise for this burst of bravery had been visions of the room down the hall from the pool. A room filled with brightly lit vending machines whose windows showcased bags and boxes of tasty treats. The little girl's reward for her first deep-end splash would be a journey into the Land of Food Behind the Glass.

I was that 4-year-old. My mother was a big believer in rewarding little victories. She led me into the vending machine world of color and lights, knobs and buttons, cookies and crackers. She placed a quarter into my water-shriveled hand and lifted me to the machine's mouth. I dropped the coin into the slot and slapped a button. Out came a treasure through a one-way swinging door.

The prize for my first solo lap across the pool had been a bag of salty peanuts. A dive off the side earned cheese squiggles. The reward for tonight's accomplishment: a fig-filled pastry wrapped in red and blue cellophane, and a nickel's change.

Mashing a button or yanking a lever in an Automated Food Zone has marked success for me ever since. An "A" on an algebra exam in high school merited a package of mini-doughnuts. First prize in a 4-H competition was good for cheese crackers. After I passed my driver's test, I made a beeline to a machine that stocked imitation-pepperoni pizza.

Winning a scholarship to graduate

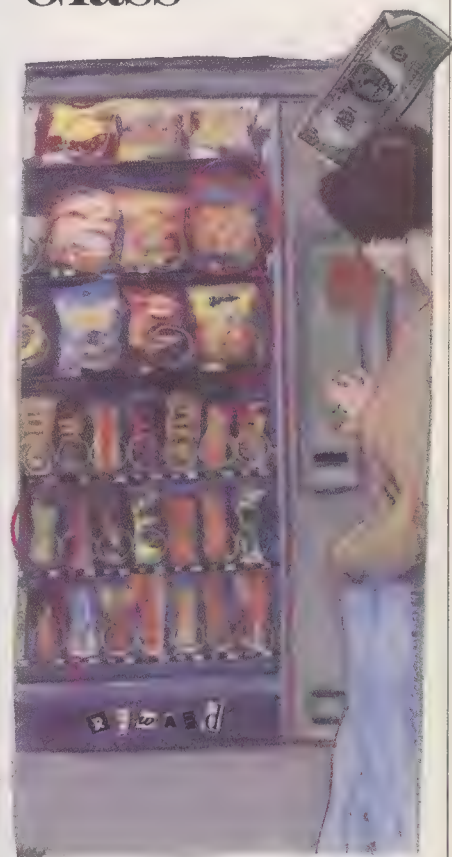
school was an extra-special achievement. I fed a five-dollar bill into a machine in the Student Union, hit four buttons, and out dropped my symbols of academic victory: a tin of chicken soup, a can of apple juice, two chocolate cupcakes, and a chicken-bean burrito.

Sometimes an actual accomplishment isn't even necessary. Once at an East Coast airport, I walked past a line of vending machines in a busy concourse. For no reason at all, my feet about-faced, and I dropped my carry-on bag to the floor in a frenzied quest of dimes and quarters to feed into the change-hungry monster. I hit button Z-27. The machine's monitor blinked a "thank you" and spit a nickel's change. Out dropped the premium: a fried cherry fruit pie.

Part of the reward's glamour is watching the machine deliver the prize. The same things that enthralled me as a 4-year-old still keep me spellbound: the display of bright cellophane wrappers behind a great big window, the idea of eating something dispensed from a high-tech apparatus, the synthesized voice of some of them that even talk to me. It's the Kingdom of the Electronic Retailer—a self-contained and fully automated corner store, a gaily painted world of fantasy filled with goodies accessible by a handful of coins, the twist of a knob, and the sliding of a little see-through door. It's a world I still can enter to receive a sort of applause when I achieve a goal.

There's still no better way for me to backstroke a faster lap than to fill my mind with thoughts of automated food dispensed in celebration of my achievement. My mother doesn't need to pick me up any more to reach the coin slot, and I now supply my own quarters.

The last time I went home for a visit, Mama had just painted six rooms in the family homestead in seven weeks flat, all by herself. I set a date with her for lunch, and away we went to toast her success. I



led her to the biggest downtown city bank, slapped the "up" button and boarded the elevator, which lifted us to the fourth floor. The doors parted to reveal a room carpeted in crayon-box hues of blue and furnished with round lunch tables and chairs of red, green, and yellow. A wall of picture windows overlooked banking transactions a hundred feet below.

Covering half the lunchroom's kitchen were 10 proud food vendors, a tribute to the decade's advances in mechanical dispensing. Each was filled with enough treats to satisfy a century's worth of feats with a different reward every day.

We stood admiring the rows of electronic retailers. I handed my mother a roll of quarters. "Here you go, Mama," I said. "This one's on me." ■

*Deann M. Alford is a freelance writer who lives in Lubbock, Texas.*

ILLUSTRATION: HILARY MOSBERG



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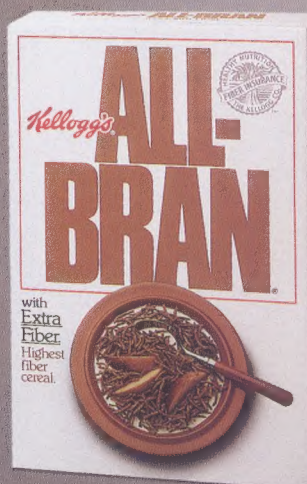


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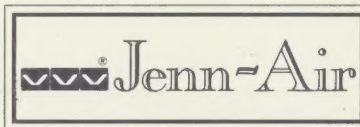
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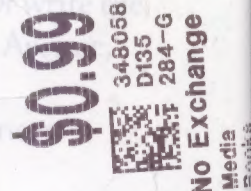
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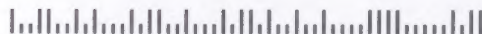
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